SHARP

Important

R-65ST
MICROWAVE OVEN WITH GRILL
OPERATION MANUAL WITH COOKBOOK

OPERATION MANUAL

This operation manual contains important information which you should read carefully before using your microwave oven.

IMPORTANT: There may be a serious risk to health if this operation manual is not followed or if the oven is modified so that it operates with the door open.

ENGLISH

800 W (IEC 60705)

GB **Dear Customer,**

Congratulations on acquiring your new microwave oven with grill, which from now on will make your kitchen chores considerably easier.
You will be pleasantly surprised by the kinds of things you can do with a microwave.
Not only can you use it for rapid defrosting or heating up of food, you can also prepare whole meals.
In our test kitchen our microwave team has gathered together a selection of the most delicious international recipes which are quick and simple to prepare.
Be inspired by the recipes we have included and prepare your own favourite dishes in your microwave oven.
There are so many advantages to having a microwave oven which we are sure you will find exciting:

- Food can be prepared directly in the serving dishes, leaving less to wash up.
- Shorter cooking times and the use of little water and fat ensure that many vitamins, minerals and characteristic flavours are preserved.

We advise you to read the cookery book guide and operating instructions carefully.
You will then easily understand how to use your oven.

Enjoy using your microwave oven and trying out the delicious recipes.

GB

Attention:
Your product is marked with this symbol.
It means that used electrical and electronic products should not be mixed with general household waste. There is a separate collection system for these products.

A. Information on Disposal for Users (private households)

1. In the European Union

Attention: If you want to dispose of this equipment, please do not use the ordinary dust bin!

Used electrical and electronic equipment must be treated separately and in accordance with legislation that requires proper treatment, recovery and recycling of used electrical and electronic equipment.

Following the implementation by members states private households within the EU states may return their used electrical and electronic equipment to designated collection facilities free of charge*.

In some countries* your local retailer may also take back your old product free of charge if you purchase a similar new one.

*) Please contact your local authority for further details.

If your used electrical or electronic equipment has batteries or accumulators, please dispose of these separately beforehand according to local requirements.

By disposing of this product correctly you will help ensure that the waste undergoes the necessary treatment, recovery and recycling and thus prevent potential negative effects on the environment and human health which could otherwise arise due to inappropriate waste handling.

2. In other Countries outside the EU

If you wish to discard this product, please contact your local authorities and ask for the correct method of disposal.

For Switzerland: Used electrical or electronic equipment can be returned free of charge to the dealer, even if you don't purchase a new product. Further collection facilities are listed on the homepage of www.swico.ch or www.sens.ch.

B. Information on Disposal for Business Users

1. In the European Union

If the product is used for business purposes and you want to discard it:

Please contact your SHARP dealer who will inform you about the take-back of the product. You might be charged for the costs arising from take-back and recycling. Small products (and small amounts) might be taken back by your local collection facilities.

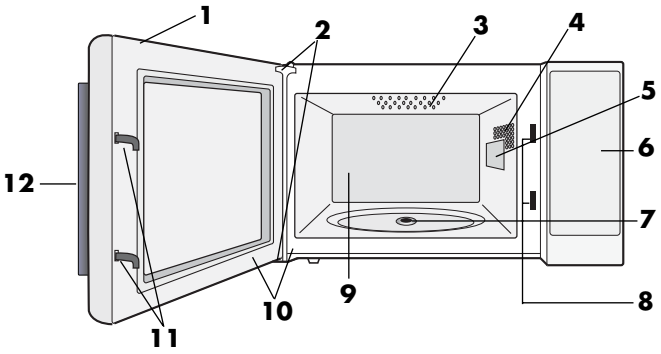
For Spain: Please contact the established collection system or your local authority for take-back of your used products.

2. In other Countries outside the EU

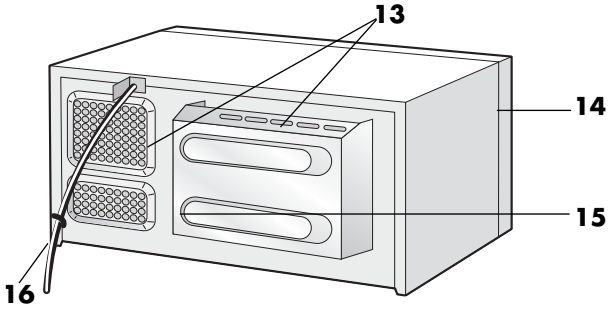
If you wish to discard of this product, please contact your local authorities and ask for the correct method of disposal.

CONTENTS

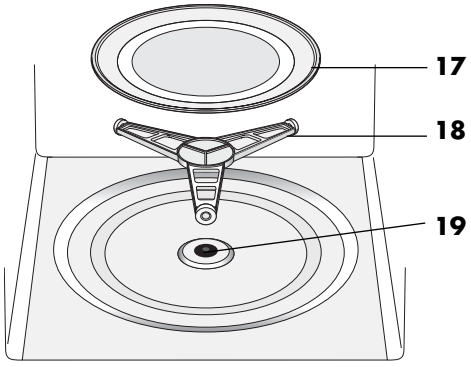
INFORMATION ON PROPER DISPOSAL 1
OVEN AND ACCESSORIES 3
CONTROL PANEL 4
IMPORTANT SAFETY INSTRUCTIONS . . . . . .5 - 7
INSTALLATION 7
BEFORE OPERATION 8
SETTING THE CLOCK 8
MICROWAVE POWER LEVEL 9
MICROWAVE COOKING 10
GRILL COOKING/DUAL GRILL COOKING 11
OTHER CONVENIENT FUNCTIONS . . . . . .12 - 13
EXPRESS MENU, EXPRESS COOK & EXPRESS DEFROST OPERATION . . . . . .14 - 15
EXPRESS MENU, EXPRESS COOK & EXPRESS DEFROST CHARTS . . . . . .16 - 17
RECIPES FOR EXPRESS MENUS . . . . . .18 - 19
CARE AND CLEANING 20
SERVICE CALL CHECK 21
WHAT ARE MICROWAVES 22
SUITABLE OVENWARE . . . . . .22 - 23
TIPS AND ADVICE . . . . . .23 - 26
TABLES AND RECIPES . . . . . .27 - 41
SERVICE ADDRESSES . . . . . .42 - 47
SPECIFICATIONS 48

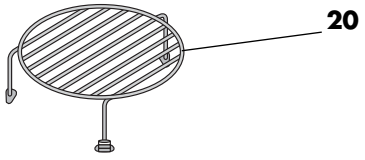


1 Door
2 Door hinges
3 Grill heating element
4 Oven lamp
5 Waveguide cover
6 Control panel
7 Seal packing
8 Door lock openings
9 Oven cavity
10 Door seals and sealing surfaces
11 Door safety latches
12 Door opening handle



13 Ventilation openings
14 Outer cabinet
15 Rear cabinet
16 Power supply cord





ACCESSORIES:

Check to make sure the following accessories are provided:

(**17**) Turntable (**18**) Roller stay (**19**) Seal packing (**20**) Rack

Place the roller stay in the seal packing on the floor of the cavity.

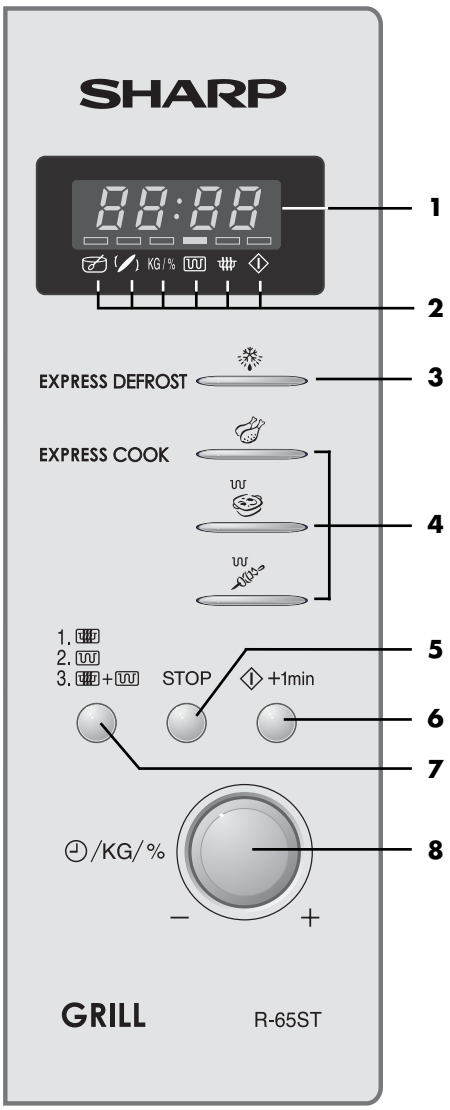
Then place the turntable on the roller stay.

To avoid turntable damage, ensure dishes or containers are lifted clear of the turntable rim when removing them from the oven.

NOTE: When you order accessories, please mention two items: part name and model name to your dealer or SHARP authorised service agent.

ENGLISH

CONTROL PANEL



CONTROL PANEL

1 Digital Display

2 Indicators

The appropriate indicator will flash or light up, just above each symbol according to the instruction. When an indicator is flashing, press the suitable button (having the same symbol) or do the necessary operation.

- Stir
- Turn over
- KG/% Weight/Power Level
- Grill
- Microwave
- Cooking in progress

3 EXPRESS DEFROST button

Press to select one of the 4 automatic programmes.

4 EXPRESS COOK (Express Menu & Express Cook) buttons

Press to select one of the 8 automatic programmes.

5 STOP button

6 START/+1min button

7 COOKING MODE button

Press to select either microwave, grill or dual grill, or use to set the clock.

1. press once to select microwave function.
2. press twice to select the grill.
3. press three times to select dual grill mode, microwave with grill.

8 TIMER/WEIGHT/POWER knob

IMPORTANT SAFETY INSTRUCTIONS: READ CAREFULLY AND KEEP FOR FUTURE REFERENCE

To avoid the danger of fire

The microwave oven should not be left unattended during operation. Power levels that are too high or cooking times that are too long may overheat foods resulting in a fire.

This oven is not designed to be built into a kitchen unit.
The electrical outlet must be readily accessible so that the unit can be unplugged easily in an emergency.
The AC power supply must be 230 V, 50 Hz, with a minimum 16 A distribution line fuse, or a minimum 16 A distribution circuit breaker.
It is recommended that a separate circuit serving only this appliance be provided.
Do not place the oven in areas where heat is generated. For example, close to a conventional oven.
Do not install the oven in an area of high humidity or where moisture may collect.
Do not store or use the oven outdoors.

If food being heated begins to smoke, DO NOT OPEN THE DOOR. Turn off and unplug the oven and wait until the food has stopped smoking. Opening the door while food is smoking may cause a fire.

Use only microwave-safe containers and utensils. See Page 22 - 23.

Do not leave the oven unattended when using disposable plastic, paper or other combustible food containers.

Clean the waveguide cover, the oven cavity, the turntable and roller stay after use. These must be dry and free from grease. Built-up grease may overheat and begin to smoke or catch fire.

Do not place flammable materials near the oven or ventilation openings. Do not block the ventilation openings.
Remove all metallic seals, wire twists, etc., from food and food packages. Arcing on metallic surfaces may cause a fire.
Do not use the microwave oven to heat oil for deep frying. The temperature cannot be controlled and the oil may catch fire.
To make popcorn, use only special microwave popcorn makers.
Do not store food or any other items inside the oven.
Check the settings after you start the oven to ensure the oven is operating as desired.
See the corresponding hints in this operation manual and the cookery book section.

To avoid the possibility of injury

WARNING:
Do not operate the oven if it is damaged or malfunctioning. Check the following before use:
a) The door; make sure the door closes properly and ensure it is not misaligned or warped.
b) The hinges and door safety latches; check to make sure they are not broken or loose.
c) The door seals and sealing surfaces; ensure that they have not been damaged.
d) Inside the oven cavity or on the door; make sure there are no dents.
e) The power supply cord and plug; ensure that they are not damaged.

Never adjust , repair or modify the oven yourself. It is hazardous for anyone other than a competent person to carry out any service or repair operation which involves the removal of a cover which gives protection against exposure to microwave energy.

Do not operate the oven with the door open or alter the door safety latches in any way.
Do not operate the oven if there is an object between the door seals and sealing surfaces.

Do not allow grease or dirt to build up on the door seals and adjacent parts. Clean the oven at regular intervals and remove any food deposits. Follow the instructions for "Care and Cleaning" on page 20. Failure to maintain the oven in a clean condition could lead to a deterioration of the surface that could adversely affect the life of the appliance and possibly result in a hazardous situation.

Individuals with PACEMAKERS should check with their doctor or the manufacturer of the pacemaker for precautions regarding microwave ovens.

To avoid the possibility of electric shock

Under no circumstances should you remove the outer cabinet.
Never spill or insert any objects into the door lock openings or ventilation openings. In the event of a spill, turn off and unplug the oven immediately, and call an authorised SHARP service agent.
Do not immerse the power supply cord or plug in water or any other liquid.
Do not let the power supply cord hang over the edge of a table or work surface.

IMPORTANT SAFETY INSTRUCTIONS

Keep the power supply cord away from heated surfaces, including the rear of the oven.
Do not attempt to replace the oven lamp yourself or allow anyone who is not an electrician authorised by SHARP to do so. If the oven lamp fails, please consult your dealer or an authorised SHARP service agent.
If the power supply cord of this appliance is damaged, it must be replaced with a special cord. The exchange must be made by an authorised SHARP service agent.

To avoid the possibility of explosion and sudden boiling:

WARNING: Liquids and other foods must not be heated in sealed containers since they are liable to explode.

Never use sealed containers. Remove seals and lids before use. Sealed containers can explode due to a build up of pressure even after the oven has been turned off.
Take care when microwaving liquids. Use a wide-mouthed container to allow bubbles to escape.

Microwave heating of beverages can result in delayed eruptive boiling, therefore care has to be taken when handling the container.

To prevent sudden eruption of boiling liquid and possible scalding:

1. Stir liquid prior to heating/reheating.
2. It is advisable to insert a glass rod or similar utensil into the liquid whilst reheating.
3. Let liquid stand for at least 20 seconds in the oven at the end of cooking time to prevent delayed eruptive boiling.

Do not cook eggs in their shells, and whole hard boiled eggs should not be heated in microwave ovens since they may explode even after microwave cooking has ended. To cook or reheat eggs which have not been scrambled or mixed, pierce the yolks and the whites, or the eggs may explode. Shell and slice hard boiled eggs before reheating them in the microwave oven.

Pierce the skin of such foods as potatoes, sausages and fruit before cooking, or they may explode.

To avoid the possibility of burns

Use pot holders or oven gloves when removing food from the oven to prevent burns.
Always open containers, popcorn makers, oven cooking bags, etc., away from the face and hands to avoid steam burns.

To avoid burns, always test food temperature and stir before serving and pay special attention to the temperature of food and drink given to babies, children or the elderly.

Temperature of the container is not a true indication of the temperature of the food or drink; always check the food temperature.
Always stand back from the oven door when opening to avoid burns from escaping steam and heat.
Slice stuffed baked foods after heating to release steam and avoid burns.
Keep children away from the door to prevent them burning themselves.
Do not touch the oven door, outer cabinet, rear cabinet, oven cavity, ventilation openings, accessories and dishes during **GRILL** mode, **DUAL GRILL** mode and **EXPRESS COOK** operation as they will become hot. Before cleaning make sure they are not hot.

To avoid misuse by children

WARNING: Only allow children to use the oven without supervision when adequate instructions have been given so that the child is able to use the oven in a safe way and understands the hazards of improper use.

Do not lean or swing on the oven door. Do not play with the oven or use it as a toy.
Children should be taught all important safety instructions: use of pot holders, careful removal of food coverings; paying special attention to packaging (e.g. self-heating materials) designed to make food crisp, as they may be extra hot.

Other warnings

Never modify the oven in any way.
Do not move the oven while it is in operation.
This oven is for home food preparation only and may only be used for cooking food. It is not suitable for commercial or laboratory use.

To promote trouble-free use of your oven and avoid damage.

Never operate the oven when it is empty except where recommended in the operation manual, see Page 11 Note 2. Doing so may damage the oven.
When using a browning dish or self-heating material, always place a heat-resistant insulator such as a porcelain plate under it to prevent damage to the turntable and roller stay due to heat stress. The preheating time specified in the dish's instructions must not be exceeded.

Do not use metal utensils, which reflect microwaves and may cause electrical arcing. Do not put cans in the oven.
Use only the turntable and the roller stay designed for this oven. Do not operate the oven without the turntable.
To prevent the turntable from breaking:
(a) Before cleaning the turntable with water, leave the turntable to cool.
(b) Do not put hot foods or hot utensils on a cold turntable.
(c) Do not put cold foods or cold utensils on a hot turntable.
Do not place anything on the outer cabinet during operation.

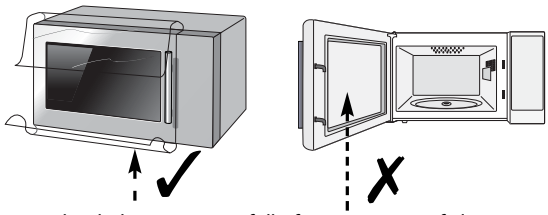
Do not use plastic containers for microwaving if the oven is still hot from using the **GRILL** mode, **DUAL GRILL** mode and **EXPRESS COOK** operation, because they may melt. Plastic containers must not be used during above modes unless the container manufacturer says they are suitable.

NOTE:
If you are unsure how to connect your oven, please consult an authorised, qualified electrician.
Neither the manufacturer nor the dealer can accept any liability for damage to the oven or personal injury resulting from failure to observe the correct electrical connection procedure.
Water vapour or drops may occasionally form on the oven walls or around the door seals and sealing surfaces. This is a normal occurrence and is not an indication of microwave leakage or a malfunction.

INSTALLATION

1. Remove all packing materials from the inside of the oven cavity. Discard the loose polythene sheet from between the door and cavity. Remove the feature sticker, if attached, from the **outside** of the door.

Do not remove the protective film attached to the **inside** of the door.



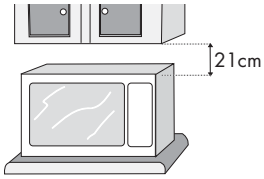
2. Check the oven carefully for any signs of damage.

3. Place the oven on a flat, level surface strong enough to support the oven's weight plus the heaviest item likely to be cooked.

4. The oven door becomes hot during cooking, place or mount the oven so that the bottom of the oven is 85 cm or more above the floor.

5. Do not allow the power supply cord to run over any hot or sharp surfaces, such as the hot air vent area at the top rear of the oven.

6. Ensure there is a minimum free space above the oven of 21 cm.



7. Securely connect the plug of the oven to a standard earthed (grounded) household electrical outlet.

BEFORE OPERATION

Plug in the oven.

1. The oven display will flash:

2. Press the **STOP** button, the display will show:

3. To set the clock, see below.

4. Heat the oven without food. (See page 11, Note 2).

Using the STOP button

Use the **STOP** button to:

1. Erase a mistake during programming.

2. Stop the oven temporarily during cooking.

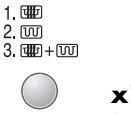
3. Cancel a programme during cooking, touch twice.

SETTING THE CLOCK

There are two setting modes: 12 hour clock and 24 hour clock.

1. To set the 12 hour clock, hold the **COOKING MODE** button down for 3 seconds. 12H will appear in the display.

2. To set the 24 hour clock, press the **COOKING MODE** button **once more** after Step 1, in the example below 24H will appear in the display.

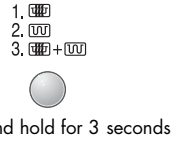


To set the clock, follow the example below.

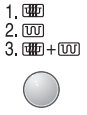
Example:

To set the 24 hour clock to 23:35

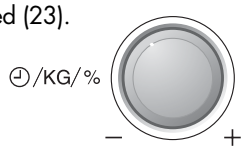
1. Choose the clock function. (12 hour clock).



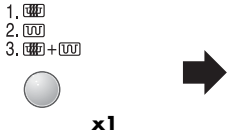
Choose the 24 hour clock.



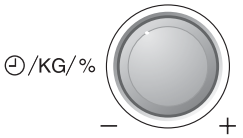
2. Set the hours. Rotate the **TIMER/WEIGHT/POWER** knob until the correct hour is displayed (23).



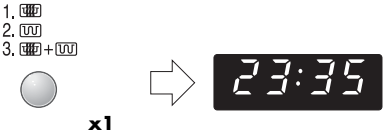
3. Press the **COOKING MODE** button to change from hours to minutes.



4. Set the minutes. Rotate the **TIMER/WEIGHT/POWER** knob until the correct minute is displayed (35).



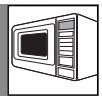
5. Press the **COOKING MODE** button to start the clock.



NOTES:

1. You can rotate the **TIMER/WEIGHT/POWER** knob clockwise or counter-clockwise.
2. Press the **STOP** button if you make a mistake during programming.
3. If the electrical power supply to your microwave oven is interrupted, the display will intermittently show 88:88 after the power is reinstated. If this occurs during cooking, the programme will be erased. The time of day will also be erased.
4. When you want to reset the time of day, follow the above example again.

MICROWAVE POWER LEVEL



Your oven has 5 power levels. To choose the power level for cooking, follow the advice given in the recipe section. Generally the following recommendations apply:

100 P (800 W) used for fast cooking or reheating e.g. soup, casseroles, canned food, hot beverages, vegetables, fish, etc.

70 P (560 W) used for longer cooking of dense foods such as roast joints, meat loaf and plated meals, also for sensitive dishes such as cheese sauce and sponge cakes. At this reduced setting, the sauce will not boil over and food will cook evenly without over cooking at the sides.

50 P (400 W) for dense foods which require a long cooking time when cooked conventionally, eg. beef dishes, it is advisable to use this power setting to ensure the meat will be tender.

30 P (240 W Defrost setting) to defrost, select this power setting, to ensure that the dish defrosts evenly. This setting is also ideal for simmering rice, pasta, dumplings and cooking egg custard.

10 P (80 W) For gentle defrosting, eg. cream gateaux or pastry.

P = PERCENTAGE

To set the microwave power level :
Rotate the **TIMER/WEIGHT/POWER** knob clockwise to select cooking time.
Press the **COOKING MODE** button once (microwave only).
To change the microwave power level rotate the knob until the desired power level is reached.
Press the **START/+1min** button.

NOTE: If the power level is not selected, 100 P is automatically set.

ENGLISH

MICROWAVE COOKING

Your oven can be programmed for up to 90 minutes. (90.00) The input unit of cooking (defrosting) time varies from 10 seconds to five minutes. It depends on the total length of the cooking (defrosting) time as shown on the table.

Cooking time	**Increasing unit**
0-5 minutes	10 seconds
5-10 minutes	30 seconds
10-30 minutes	1 minute
30-90 minutes	5 minutes

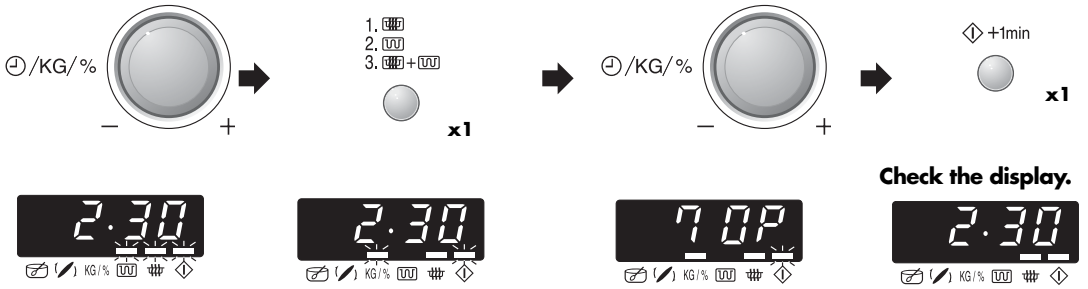
Example:
Suppose you want to heat soup for 2 minutes and 30 seconds on 70 P microwave power.

1. Enter desired cooking time by rotating **TIMER/WEIGHT/ POWER** knob clockwise.

2. Choose desired cooking mode by pressing **COOKING MODE** button once (microwave only).

3. Choose desired power by rotating the **TIMER/WEIGHT/POWER** knob clockwise.

4. Press **START/+1min** button once to begin cooking.



NOTES:

1. When the door is opened during the cooking process, the cooking time on the digital display stops automatically. The cooking time starts to count down again when the door is closed and the **START/+1min** button is pressed.
2. If you wish to know the power level during cooking, press the **COOKING MODE** button. As long as your finger is touching the **COOKING MODE** button, the power level will be displayed.
3. You can rotate the **TIMER/WEIGHT/POWER** knob clockwise or counter-clockwise. If you rotate the knob counter-clockwise, the cooking time will decrease from 90 minutes by degrees.

GRILL COOKING/DUAL GRILL COOKING

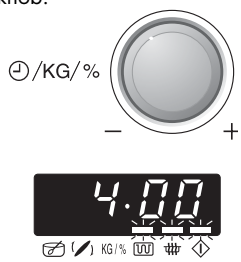
This microwave oven has two GRILL cooking modes: 1. Grill only. 2. Dual Grill (Grill with microwave).

1. GRILL ONLY COOKING

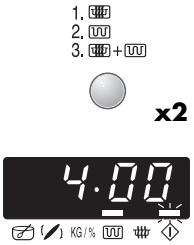
This mode can be used to grill/brown food.

Example : To make toast for 4 minutes.

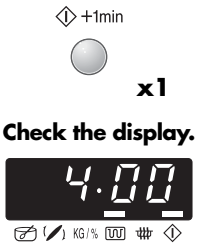
1. Enter desired cooking time by rotating the **TIMER/WEIGHT/POWER** knob.



2. Choose the desired cooking mode by pressing the **COOKING MODE** button twice. (Grill only).



3. Press the **START/+1min** button once to begin cooking.



NOTES:

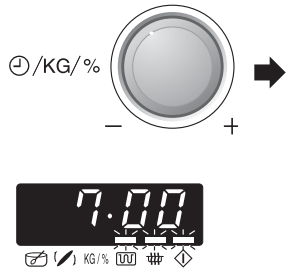
1. The rack is recommended for grilling of flat pieces of food.
2. You may detect smoke or a burning smell when using the grill for the first time, this is normal and not a sign that the oven is out of order.
   To avoid this problem, when first using the oven, operate the grill without food for 20 minutes.

2. DUAL GRILL COOKING

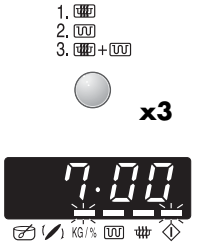
This mode uses a combination of Grill power and Microwave power (10 P to 50 P).
The Microwave power level is preset to 30 P.

Example:
To cook kebabs (as per recipe page 36 in the Cookbook section) for 7 minutes on DUAL GRILL 50 P.

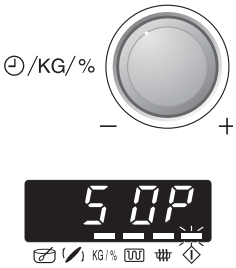
1. Enter the desired cooking time by rotating the **TIMER/WEIGHT/POWER** knob.



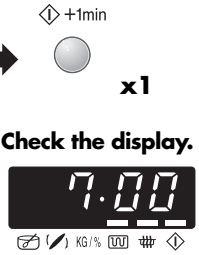
2. Choose the desired cooking mode by pressing the **COOKING MODE** button three times to select Grill with Microwave.



3. Rotate the **TIMER/WEIGHT/POWER** knob to the desired microwave power level.



4. Press the **START/+1min** button once to begin cooking.



ENGLISH

OTHER CONVENIENT FUNCTIONS

1. MULTIPLE SEQUENCE COOKING

A sequence of 3 stages (maximum) can be programmed using combinations of MICROWAVE, GRILL or DUAL GRILL.

Example:
To cook : 2 minutes and 30 seconds on 70 P power (Stage 1)
5 minutes Grill only (Stage 2)

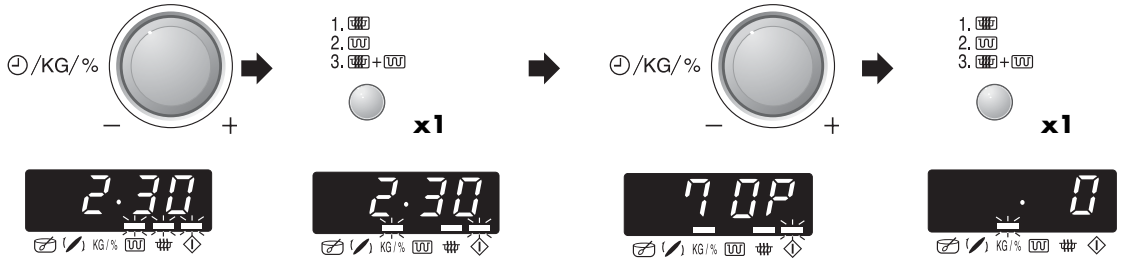
STAGE 1

1. Enter the desired cooking time by rotating the **TIMER/ WEIGHT/POWER** knob.

2. Choose the desired cooking mode by pressing the **COOKING MODE** button once (microwave only).

3. Enter the desired power level by rotating the **TIMER/WEIGHT/POWER** knob.

4. Press the **COOKING MODE** button once before programming Stage 2.

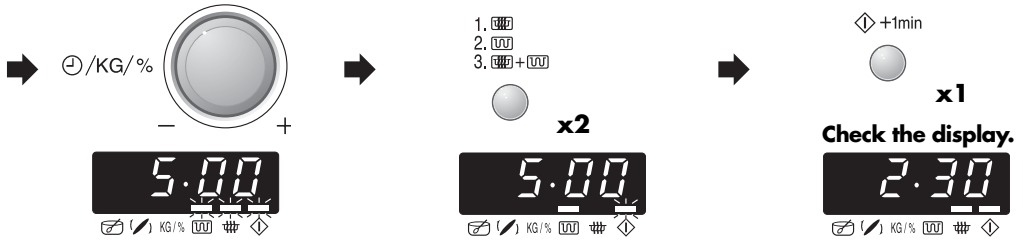


STAGE 2

5. Enter desired time by rotating the **TIMER/WEIGHT/POWER** knob.

6. Choose the desired cooking mode by pressing the **COOKING MODE** button twice (Grill only).

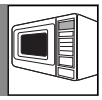
7. Press the **START/+1min** button once to begin cooking.



(The oven will begin to cook for 2 minutes and 30 seconds at 70 P, and then for 5 minutes on Grill only).

NOTE: If you set any programme after setting **GRILL** mode, omit the steps 3 and 4.
If you press the **COOKING MODE** button continually after setting **GRILL** mode, the **GRILL** mode will be changed to the **DUAL GRILL** mode automatically.

Example:
To cook Courgette and Macaroni Gratin (page 34, Cookbook section).
1. 21 minutes at 100 P.
2. 6 minutes Dual Grill at 50 P.



2. MINUTE PLUS FUNCTION

The **START/+1min** button allows you to operate the two following functions:

a. Direct start

You can directly start cooking on 100 P microwave power level for 1 minute by pressing the **START/+1min** button.

NOTE:

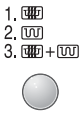
To avoid the misuse by children the **START/+1min** button can be used only within 3 minutes after preceding operation, i.e., closing the door, pressing the **STOP** button or cooking completion.

b. Extend the cooking time.

You can extend the cooking time for multiples of 1 minute if the **START/+1min** button is pressed while the oven is in operation.

3. TO CHECK THE POWER LEVEL

To check the microwave power level during cooking press the **COOKING MODE** button.



As long as your finger is touching the **COOKING MODE** button the power level will be displayed.

The oven continues to count down although the display shows the power level.

ENGLISH

EXPRESS MENU, EXPRESS COOK & EXPRESS DEFROST OPERATION

EXPRESS MENU, EXPRESS COOK and **EXPRESS DEFROST** automatically work out the correct cooking mode and cooking time. You can choose from 4 **EXPRESS MENU**, 4 **EXPRESS COOK** and 4 **EXPRESS DEFROST** menus. What you need to know when using this automatic function:

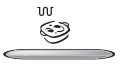
For example:

1a. EXPRESS MENU: Each **EXPRESS MENU** button has two menus.

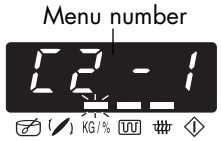
A. CHICKEN PAN WITH VEGETABLES/MINCE AND ONION button

B. GRATINATED FISH FILLET/GRATIN button

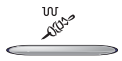
If you press the **GRATINATED FISH FILLET/GRATIN** button once, the display will appear as shown:



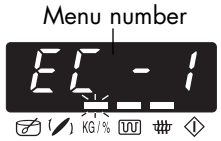
x1



1b. EXPRESS COOK: Press the **EXPRESS COOK** button once, the display will appear as shown.

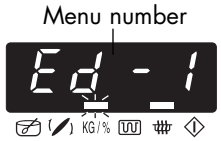


x1



1c. EXPRESS DEFROST: Press the **EXPRESS DEFROST** button once, the display will appear as shown.

x1



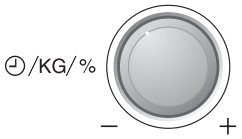
The menu can be chosen by pressing the **EXPRESS MENU**, **EXPRESS COOK** or **EXPRESS DEFROST** button until the desired menu number is displayed. See pages 16 - 17 "**EXPRESS MENU, EXPRESS COOK & EXPRESS DEFROST** charts".
The menu number will be changed automatically by holding down the **EXPRESS MENU, EXPRESS COOK** or **EXPRESS DEFROST** button.

2. The weight or quantity of the food can be input by rotating the **TIMER/WEIGHT/POWER** knob until the desired weight/quantity is displayed.

- Enter the weight of the food only. Do not include the weight of the container.
- For food weighing more or less than weights/ quantities given in the **EXPRESS MENU, EXPRESS COOK & EXPRESS DEFROST** charts, use manual operation. For best results, follow the cooking charts in the Cookbook section.

3. To start cooking press **START/+1min** button.

2.



TIMER/WEIGHT/ POWER knob

3.

x1

START/+1min button

When action is required (e.g. to turn food over) the oven stops and the audible signals sound, remaining cooking time and any indicator will flash on the display. To continue cooking, press the **START/+1min** button.

The final temperature will vary according to the initial temperature. Check food is piping hot after cooking. If necessary, you can extend the cooking time and change the power level.

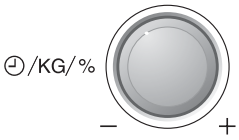
NOTE: If you use the **MINUTE PLUS** function during the cooking/defrosting, the food may be overcooked.

Example 1 for EXPRESS MENU:
To cook Gratinated Fish Fillet 1,5 kg using Express Menu C2-1.

1. Select the menu required by pressing the **GRATINATED FISH FILLET/GRATIN** button once.

x1

2. Enter the weight by rotating the **TIMER/WEIGHT/ POWER** knob.



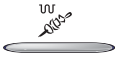
3. Press the **START/+1min** button once.

x1

Check the display.

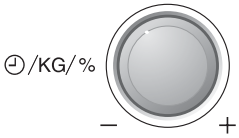
Example 2 for EXPRESS COOK:
To cook Chicken Legs 0,4 kg using Express Cook EC-3.

1. Select the menu required by pressing the **EXPRESS COOK** button 3 times.



x3

2. Enter the weight by rotating the **TIMER/WEIGHT/ POWER** knob.



3. Press the **START/+1min** button once.

x1

Check the display.

To use EXPRESS DEFROST, follow the above example for EXPRESS COOK.

ENGLISH

EXPRESS MENU & EXPRESS COOK CHARTS

BUTTONS	EXPRESS MENU NO.	WEIGHT (Increasing Unit) / UTENSILS	PROCEDURE
x1	**C1-1 Express Menu** Chicken Pan with Vegetables	0,5 - 1,5 kg* (500 g) (initial temp Chicken 5° C) Gratin dish with microwave foil	• See recipe for Chicken Pan with Vegetables on page 18. * Total weight of all ingredients.
x2	**C1-2 Express Menu** Mince and Onion	0,5 - 1,5 kg* (500 g) (initial temp Mince 5° C) Casserole dish with lid	• See recipe for Mince and Onion on page 18. • When the oven stops, the audible signals sound and in the display appears 'STIR', stir the food and re-cover. * Total weight of all ingredients.
x1	**C2-1 Express Menu** Gratinated Fish Fillet	0,5 - 1,5 kg* (500 g) (initial temp Fish 5° C) Gratin dish	• See recipes for Gratinated Fish Fillet on pages 18 - 19. * Total weight of all ingredients.
x2	**C2-2 Express Menu** Gratin	0,5 - 1,5 kg* (500 g) (initial temp 20° C) Gratin dish	• See recipes for Gratin on page 19. * Total weight of all ingredients.

BUTTONS	EXPRESS COOK NO.	WEIGHT (Increasing Unit) / UTENSILS	PROCEDURE
x1	**EC-1 Cook** French Fried Potatoes Thick type (recommended for conventional ovens)	0,20 - 0,30 kg (50 g) (initial temp -18° C) Flan dish Rack	• Remove the frozen french fried potatoes from the package and place them on a flan dish. • Place the dish on the rack in the oven. • When the oven stops, the audible signals sound and in the display appears 'TURN OVER', turn the food over. • After cooking, remove from the dish and put on a plate for serving. (No standing time is necessary). • Add salt to taste. **NOTE:** The dish gets very hot during cooking. To avoid burning yourself, please use oven gloves for removing the flan dish from the oven.
x2	**EC-2 Cook** Grill Skewers See Recipes on page 36.	0,2 - 0,6 kg (100 g) (initial temp 5° C) Rack	• Prepare the grill skewers. • Place on the rack and cook. • When the oven stops, the audible signals sound and in the display appears 'TURN OVER', turn the food over. • After cooking, remove and put on a plate for serving. (No standing time necessary).
x3	**EC-3 Cook** Chicken Legs Ingredients for 0,6 kg chicken legs: 3 pieces, 1-2 tbsp oil, 1/2 tsp salt, 1 tsp sweet paprika, 1 tsp rosemary	0,20 - 0,60 kg (50 g) (initial temp 5° C) Rack	• Mix the ingredients and spread on the chicken legs. • Pierce the skin of the chicken legs. • Put the chicken legs on the rack, skin side down, with the thin ends towards the centre. • When the oven stops, the audible signals sound and in the display appears 'TURN OVER', turn the food over. • After cooking, remove and stand for approximately 5 minutes.

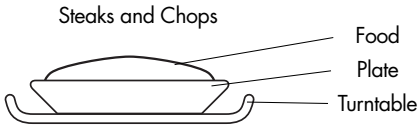
EXPRESS COOK & EXPRESS DEFROST CHARTS

BUTTONS	EXPRESS COOK NO.	WEIGHT (Increasing Unit) / UTENSILS	PROCEDURE
x4	**EC-4 Cook** Grilled Chicken	0,9 - 1,4 kg (100 g) (initial temp 5° C) Flan dish	• Mix the ingredients and spread on the chicken. • Pierce the skin of the chicken. • Put chicken, breast side down, in a flan dish on the turntable. • When the oven stops, the audible signals sound and in the display appears 'TURN OVER', turn the food over. • After cooking, leave for approx. 3 minutes in the oven, remove and put on a plate for serving.
Ingredients for 1,2 kg grilled chicken: Salt and Pepper, 1 tsp sweet paprika, 2 tbsp oil			

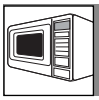
BUTTONS	EXPRESS DEFROST NO.	WEIGHT (Increasing Unit) / UTENSILS	PROCEDURE
x1	**Ed-1 Defrost** Steak and Chops	0,2 - 0,8 kg (100 g) (initial temp -18° C) (See note below for utensils)	• Place the food on a plate in the centre of the turntable. • When the oven stops, the audible signals sound and in the display appears 'TURN OVER', turn the food over, rearrange and separate. Shield thin parts and warm spots with aluminium foil. • After defrosting, wrap in aluminium foil for 10 - 15 minutes, until thoroughly defrosted.
x2	**Ed-2 Defrost** Minced Meat	0,2 - 0,8 kg (100 g) (initial temp -18° C) Cling film (See note below)	• Cover the turntable with cling film. • Place the block of minced meat onto the turntable. • When the oven stops, the audible signals sound and in the display appears 'TURN OVER', turn the food over. Remove the defrosted parts if possible. • After defrosting, stand for 5 - 10 minutes, until thoroughly defrosted.
x3	**Ed-3 Defrost** Cake	0,1 - 1,4 kg (100 g) (initial temp -18° C) Flat dish	• Remove all packaging from the cake. • Place on a flat dish in the middle of the turntable. • After defrosting, cut the cake into similar sized pieces keeping space between each piece and let stand for 15 - 60 minutes until evenly defrosted.
x4	**Ed-4 Defrost** Bread	0,1 - 1,0 kg (100 g) (initial temp -18° C) Flat dish (Only sliced bread is recommended for this programme.)	• Distribute on a flat dish in the centre of the turntable. For large amounts, distribute directly on the turntable. • When the oven stops, the audible signals sound and in the display appears 'TURN OVER', rearrange, and remove defrosted slices. • After defrosting separate all slices and distribute on a large plate. Cover the bread with aluminium foil and let stand for 5 - 10 minutes until thoroughly defrosted.

NOTE: Express Defrost

1 Steaks and Chops should be frozen in one layer.
2 Minced meat should be frozen in a thin shape.
3 After turning over, shield the defrosted portions with small, flat pieces of aluminium foil.
4 For Steaks and Chops arrange the food in the oven as shown:



ENGLISH



RECIPES FOR EXPRESS MENUS

CHICKEN PAN WITH VEGETABLES (C1-1)
Spicy chicken fricassee

Ingredients

0,5 kg	1,0 kg	1,5 kg	
60 g	120 g	180 g	long grain rice (parboiled)
1	1	1	sachet saffron
25 g	50 g	75 g	onion (sliced)
50 g	100 g	150 g	red pepper (in strips)
50 g	100 g	150 g	leek (in strips)
150 g	300 g	450 g	fillet of chicken breast (cubed)
			pepper, paprika powder
10 g	20 g	30 g	butter or margarine
150 ml	300 ml	450 ml	meat stock

Preparation

1. Mix the rice and saffron and place in the greased dish.
2. Mix the onions, red pepper, leek and chicken. Season and place on the rice.
3. Put butter on the top.
4. Pour the stock over and cover with microwave foil and cook on **EXPRESS MENU C1-1** "Chicken Pan with Vegetables".
5. After cooking, let stand for 5-10 minutes.

MINCE AND ONION (C1-2)

Ingredients

0,5 kg	1,0 kg	1,5 kg	
150 g	300 g	450 g	minced meat (1/2 beef, 1/2 pork)
50 g	100 g	150 g	onion (finely chopped)
1/2	1	1 1/2	egg
15 g	30 g	45 g	white breadcrumbs
			salt and pepper
115 ml	230 ml	345 ml	meat stock
20 g	40 g	60 g	tomato purée
65 g	125 g	190 g	potatoes (finely chopped)
65 g	125 g	190 g	carrots (finely chopped)
1/2 tbsp	1 tbsp	1 1/2 tbsp	chopped parsley

Preparation

1. Mix together the minced meat, onion, egg and the breadcrumbs. Season with salt and pepper. Place the meat dough into a casserole.
2. Mix the meat stock with the tomato purée.
3. Add the liquid, potatoes, carrots and parsley to the meat, mix it up well.
4. Cover and cook on **EXPRESS MENU C1-2** "Mince and Onion".
5. When the oven stops and the audible signals sound, stir and re-cover.
6. After cooking, stir and stand for approx. 5 minutes. Sprinkle with parsley and serve.

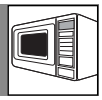
GRATINATED FISH FILLET (C2-1)
Fish gratin Italian style

Ingredients

0,5 kg	1,0 kg	1,5 kg	
200 g	430 g	630 g	fish fillet
1/2 tbsp	1 tbsp	1 1/2 tbsp	lemon juice
1/2 tbsp	1 tbsp	1 1/2 tbsp	anchovy butter
30 g	50 g	80 g	Gouda (grated)
			salt and pepper
150 g	300 g	450 g	fresh tomatoes
1 tbsp	1 1/2 tbsp	2 tbsp	chopped mixed herbs
100 g	180 g	280 g	Mozarella
1/2 tbsp	3/4 tbsp	1 tbsp	Basil (chopped)

Preparation

1. Wash and dry the fish and sprinkle with lemon juice, salt and anchovy butter.
2. Place in a gratin dish (size depends on weight).
3. Sprinkle the Gouda over the fish.
4. Wash the tomatoes and remove the stalk-spore. Cut into slices and place on top of the cheese.
5. Season with salt, pepper and the mixed herbs.
6. Drain the Mozarella, cut into slices and place on the tomatoes. Sprinkle the basil over the cheese.
7. Place the gratin dish on the turntable and cook on **EXPRESS MENU C-2-1** "Gratinated fish fillet".
8. After cooking, let stand for approximately 5 minutes.



GRATINATED FISH FILLET (C2-1)
Fish esterhazy

Ingredients

0,5 kg	1,0 kg	1,5 kg	
230 g	450 g	680 g	fish fillet
100 g	200 g	300 g	leeks (cut into rings)
20 g	40 g	60 g	onion (finely sliced)
40 g	100 g	140 g	carrot (grated)
10 g	10 g	20 g	butter or margarine
			salt, pepper and nutmeg
1 tbsp	1 1/2 tbsp	2 tbsp	lemon juice
50 g	100 g	150 g	crème fraîche
50 g	100 g	150 g	Gouda (grated)

Preparation

1. Put vegetables, butter and the spices into a casserole dish and mix well. Cook for 2-6 minutes on 100 P depending on weight.
2. Wash the fish, dry and sprinkle with lemon juice and salt.
3. Mix the crème fraîche with the vegetables and season again.
4. Put half of the vegetables in a gratin dish. Place the fish on top and cover with the remaining vegetables.
5. Spread the Gouda over the top, place on the turntable and cook on **EXPRESS MENU C2-1**, "Gratinated fish fillet".
6. After cooking, let stand for approximately 5 minutes.

GRATIN (C2-2)
Spinach gratin

Ingredients

0,5 kg	1,0 kg	1,5 kg	
150 g	300 g	450 g	leaf spinach (defrosted, drained)
15 g	30 g	45 g	onion (finely chopped)
			salt, pepper, nutmeg
150 g	300 g	450 g	boiled potatoes (sliced)
35 g	75 g	110 g	cooked ham (diced)
50 g	100 g	150 g	crème fraîche
1	2	3	eggs
40 g	75 g	115 g	grated cheese

Preparation

1. Mix together the leaf spinach with the onion and season with salt, pepper and nutmeg.
2. Grease the gratin dish. Place alternate layers of potato slices, diced ham and spinach in the dish. The top layer should be spinach.
3. Mix the eggs with crème fraîche, add salt and pepper and pour over the vegetables.
4. Cover the gratin with the grated cheese.
5. Place on the turntable and cook on **EXPRESS MENU C2-2**, "Gratin".
6. After cooking, let stand for 5-10 minutes.

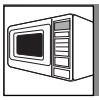
GRATIN (C2-2)
Potato-courgette-gratin

Ingredients

0,5 kg	1,0 kg	1,5 kg	
200 g	400 g	600 g	boiled potatoes (sliced)
115 g	230 g	345 g	courgette (finely sliced)
75 g	150 g	225 g	crème fraîche
1	2	3	eggs
1/2	1	2	clove of garlic (crushed)
			salt, pepper
40 g	80 g	120 g	grated Gouda cheese
10 g	20 g	30 g	sunflower kernel

Preparation

1. Grease the gratin dish and place alternate layers of potato slices and courgette in the dish.
2. Mix the eggs with crème fraîche, season with salt, pepper and garlic and pour over the vegetables.
3. Cover the gratin dish with the grated Gouda cheese.
4. Finally sprinkle the gratin with sunflower kernel.
5. Place on the turntable and cook on **EXPRESS MENU C2-2**, "Gratin".
6. After cooking, let stand for 5-10 minutes.



CARE AND CLEANING

CAUTION: DO NOT USE COMMERCIAL OVEN CLEANERS, STEAM CLEANERS, ABRASIVE, HARSH CLEANERS, ANY THAT CONTAIN SODIUM HYDROXIDE OR SCOURING PADS ON ANY PART OF YOUR MICROWAVE OVEN.

CLEAN THE OVEN AT REGULAR INTERVALS AND REMOVE ANY FOOD DEPOSITS. Failure to maintain the oven in a clean condition could lead to a deterioration of the surface that could adversely affect the life of the appliance and possibly result in a hazardous situation.

Oven exterior

The outside of your oven can be easily cleaned with mild soap and water. Make sure that the soap is wiped off with a moist cloth, and dry the exterior with a soft towel.

Control panel

Open the door before cleaning to de-activate the control panel. Care should be taken in cleaning the control panel. Using a cloth dampened with water only, gently wipe the panel until it becomes clean. Avoid using excessive amounts of water. Do not use any sort of chemical or abrasive cleaner.

Oven Interior

1. For cleaning, wipe any spatters or spills with a soft damp cloth or sponge after each use while the oven is still warm. For heavier spills, use mild soap and wipe several times with a damp cloth until all residues are removed.
2. Make sure that mild soap or water do not penetrate the small vents in the walls which may cause damage to the oven.
3. Do not use spray type cleaners on the oven interior.
4. Heat up your oven regularly by using the grill, refer to note 2 on page 11. Remaining food or fat splashed can cause smoke or a bad smell.

Turntable and Roller stay

Remove the turntable and roller stay from the oven. Wash the turntable and roller stay in mild soapy water. Dry with a soft cloth. Both the turntable and the roller stay are dishwasher safe.

Door

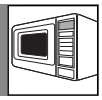
To remove all trace of dirt, regularly clean both sides of the door, the door seals and surfaces with a soft, damp cloth.

Rack

This should be washed in a mild washing up liquid solution and dried. The rack is dishwasher safe.

NOTE: A steam cleaner should not be used.

SERVICE CALL CHECK



Please check the following before calling for service.

1. Power Supply
Check the power plug is properly connected to a suitable wall outlet.
Check the line fuse/circuit breaker is functioning properly.

2. When the door is opened, does the oven lamp light? YES _____ NO _____

3. Place a cup of water (approx. 150 ml) in the oven and close the door securely.
Programme the oven for one minute on 100 P power and start the oven.
Does the oven lamp come on? YES _____ NO _____
Does the turntable rotate? **NOTE:** The turntable turns in either direction. YES _____ NO _____
Does the ventilation work? YES _____ NO _____
(Place your hand over the ventilation openings and check for air flow).
After 1 minute does the signal sound? YES _____ NO _____
Does cooking in progress indicator go off? YES _____ NO _____
Is the cup with water warm after the above operation? YES _____ NO _____

4. Programme the grill for three minutes and start the oven.
After 3 minutes does the grill heating element become red? YES _____ NO _____

If "NO" is the answer to any of the above questions, call your dealer or an authorised SHARP Service Agent and report the results of your check.

NOTE: If you cook the food over the standard time with only the same cooking mode, the power of the oven will lower automatically to avoid overheating. (The microwave power level will be reduced or the grill heating element will begin to light on and off).

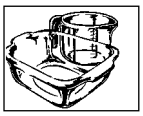
Cooking Mode	**Standard time**
Microwave 800 W	40 minutes
Grill	45 minutes
Dual Grill (400 W micro)	Grill - 10 minutes
Dual Grill (80 W, 240 W micro)	Grill - 45 minutes

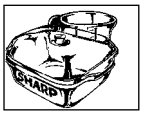
WHAT ARE MICROWAVES?

Microwaves are generated in the microwave oven by a magnetron and cause the water molecules in the food to oscillate. Heat is generated by the friction which is caused, with the result that the food is thawed, heated or cooked.

SUITABLE OVENWARE

GLASS AND CERAMIC GLASS



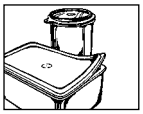


Heat-resistant glass utensils are very suitable. The cooking process can be observed from all sides. They must not, however, contain any metal (e.g. lead crystal), nor have a metallic overlay (e.g. gold edge, cobalt blue finish).

CERAMICS

Generally very suitable. Ceramics must be glazed, since with unglazed ceramics moisture can get into the ceramic. Moisture causes the material to heat up and may make it shatter. If you are not certain whether your utensil is suitable for the microwave, carry out the utensil suitability test. (See page 23).

PLASTIC AND PAPER CONTAINERS



Plastic or paper containers which are designed for microwaves and which can withstand heat are suitable for defrosting, heating and cooking. Please follow manufacturers' instructions.

KITCHEN PAPER

can be used to absorb any moisture which occurs in short heating methods, e.g. of bread or products in bread crumbs. Insert the paper between the food and the revolving plate. The surface of the food will stay crispy and dry. Covering greasy food with kitchen paper will catch splashes.

MICROWAVE FOIL

This, or heat-resistant foil, is very suitable for covering or wrapping. Please follow the manufacturer's recommendations.

ROASTING BAGS

Can be used in a microwave oven. Metal clips are not suitable for fastening them since the roasting bag foil might melt. Fasten the roasting bag with string and pierce it several times with a fork. Non heat-resistant food wraps are not recommended for use in a microwave oven.

BROWNING DISH

A special microwave dish made from ceramic glass with a metal alloy base, which allows food to be browned. When using the browning dish a suitable insulator, e.g. a porcelain plate, must be placed between the turntable and the browning dish. Be careful to adhere exactly to the pre-heating time given in the manufacturer's instructions. Excessive pre-heating can damage the turntable and the turntable stand or can trigger the safety-device which will switch off the oven.

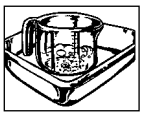
METAL

Generally speaking, metal should not be used, since microwaves do not pass through metal and therefore cannot reach the food. There are, however, exceptions: small strips of aluminium foil may be used to cover certain parts of the food, so that these do not thaw too quickly or begin to cook (e.g. chicken wings). Small metal skewers and aluminium containers (e.g. of readycooked meals) can be used. They must, however, be small in relation to the food, e.g. aluminium containers must be at least $^{2}/_{3}$ to $^{3}/_{4}$ filled with food. It is recommended that you transfer the food into a dish suitable for use in the microwave. When using aluminium containers or other metal utensils there must be a gap of approx. 2 cms between them and the walls of the cooking area, otherwise the walls could be damaged by possible arcing.

NO UTENSIL SHOULD HAVE A METAL overlay, or metal parts such as screws, bands or handles..

UTENSIL SUITABILITY TEST

If you are not sure whether your utensil is suitable



for use in your microwave oven, carry out the following test: Place the utensil into the oven. Place a glass container filled with 150 ml of water on or next to the utensil. Switch on the oven at 100 P power for 1 to 2 minutes. If the utensil stays cool or just warm to the touch, it is suitable. Do not use this test on a plastic utensil. It could melt.

GRILL FUNCTION

You can use any heat-resistant container for the roasting/grilling function which is suitable for conventional roasting methods, e.g. china, ceramic, glass and metal containers.

In microwave cooking which requires the dish to be roasted or grilled, or when using the combined function, the containers must be suitable for microwaves and heat-resistant. Suitable containers are, for example, heat-resistant glass and ceramic containers.

BEFORE YOU START...

To make it as easy as possible to use the microwave oven we have put together a few hints and tips for you. Only switch on the oven when the food is already inside.

SETTING THE COOKING TIME

Defrosting, re-heating and cooking times are generally much shorter than in a conventional oven or hob. So you will need to consult this book for the recommended cooking times. It is better to set shorter rather than longer cooking times. Always test the food after the cooking time has elapsed. It is better then to continue cooking it for a little longer, than to have overcooked food.

INITIAL TEMPERATURES

Thawing, heating and cooking times are dependent upon the initial temperature of the food. Deep-frozen food and food stored in a refrigerator, for example, requires longer than food which has been stored at room temperature. For heating and cooking, normal storage temperatures are assumed (refrigerator temperature approx. 5°C, room temperature approx. 20°C). For thawing the temperature of the deep freeze is assumed to be -18°C.

COOKING TIMES

All the times given in this cookery book are guidelines, which can be varied according to the initial temperature, weight and condition of the food (water or fat content etc.).

USING A FOOD THERMOMETER TO DETERMINE COOKING TIME

Once cooked, every drink and every foodstuff has a certain internal temperature at which the cooking process can be switched off and the food will be cooked. The internal temperature can be ascertained with a food thermometer. The most important temperatures are specified in the temperature table.

Drink / Food	Internal temperature once cooked	Internal temp. after 10 - 15 mins standing time
Heating drinks (Coffee, Water, Tea, etc.)	65-75° C	
Heating milk	60-65° C	
Heating soup	75-80° C	
Heating stew	75-80° C	
Poultry	80-85° C	85-90° C
Lamb		
Pink	70° C	70-75° C
Well done	75-80° C	80-85° C
Roast beef		
Rare	50-55° C	55-60° C
Medium	60-65° C	65-70° C
Well done	75-80° C	80-85° C
Pork, Veal	80-85° C	80-85° C

ADDITION OF WATER

Vegetables and other foods with a high water content can be cooked in their own juice or with the addition of a little water. This ensures that many vitamins and minerals are preserved.

FOOD IN SKINS OR SHELLS

Foods such as sausages, chickens, chicken legs, baked potatoes, tomatoes, apples, egg yolks or such like should be pricked or pierced with a fork or small wooden skewer. This will enable the steam which forms to dissipate without splitting the skin or shell.

FATTY FOODS

Fatty meat and layers of fat cook better than lean portions of meat. Before cooking, cover the fatty portions with a piece of aluminium foil or place the food with the fat side down.

BLANCHING VEGETABLES

Before freezing vegetables, they should be blanched. This preserves the quality and flavour at their best. Method: wash and chop the vegetables. Put 250 g of vegetables in a dish with 275 ml water and cover. Heat for 3-5 minutes. After blanching, immerse immediately in cold water to prevent further cooking and then allow to drain. Pack vegetables in an airtight container and freeze.

PRESERVING FRUIT AND VEGETABLES

Using the microwave for preserving is quick and

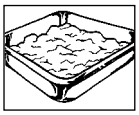
easy. There are preserving jars, rubber vacuum seals and suitable seals made of plastic available specially made for microwaves. The manufacturers will supply precise instructions for use.

LARGE AND SMALL QUANTITIES

Microwave times are directly dependent upon the amount of food which you would like to thaw, heat or cook. This means that small portions cook more quickly than larger ones. As a rule of thumb:
TWICE THE AMOUNT = ALMOST TWICE THE TIME
HALF THE AMOUNT = HALF THE TIME

DEEP AND SHALLOW CONTAINERS

Both containers have the same capacity, but the



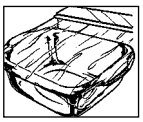
cooking time is longer for the deeper one. You should therefore choose as flat a container as possible with a large surface area. Only use deep containers for dishes where there is a danger of overcooking, e.g. for noodles, rice, milk etc..

ROUND AND OVAL CONTAINERS

Food cooks more evenly in round or oval containers than in containers with corners, since the microwave energy concentrates in the corners and the food in these areas could become overcooked.

COVERING

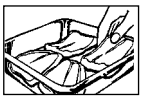
Covering the food retains the moisture within it



and shortens the cooking time. Use a lid, microwave foil or a cover. Foods which are to be crispy, e.g. roasts or chickens, should not be covered. As a general rule, whatever would be covered in a conventional oven should also be covered in a microwave oven. Whatever would be uncovered in a conventional oven can also be left uncovered in a microwave oven.

IRREGULAR SHAPED FOOD

Place the thicker, more compacted end of the food



pointing towards the outside. Place vegetables (such as broccoli) with the stalks pointing outward.

STIRRING

Stirring the food is necessary, since the

microwaves begin by heating the outer areas. The temperature is thereby equalised and the food heats up evenly.

ARRANGEMENT OF FOOD

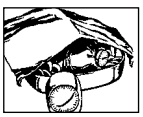
Place a number of individual portions, such as small pudding moulds, cups or potatoes in their jackets, in a circle on the turntable. Keep the portions at a distance from each other so that the microwave energy can reach the food from all sides.

TURNING

Medium-sized items, such as hamburgers and steaks, should be turned over once during cooking, in order to shorten the cooking process. Large items, such as roasts and chickens, must be turned, since the upper side receives more microwave energy and could dry out if not turned.

STANDING TIME

Keeping to the standing time is one of the most



important rules with microwaves. Almost all foods, which are thawed, heated or cooked in the microwave, require a certain amount of time to stand, during which temperature equalisation takes place and the moisture in the food is evenly distributed.

HEATING

Details for this can be found in the table: Heating food and drink (see page 27).

- Ready-prepared meals in aluminium containers should be removed from the aluminium container and heated on a plate or in a dish..
- Remove the lids from firmly closed containers.
- Food should be covered with microwave foil, a plate or cover (obtainable from stores), so that the surface does not dry out. Drinks need not be covered.
- When boiling liquids such as water, coffee, tea or milk, place a glass stirrer in the container.
- If possible, stir large quantities from time to time, to ensure that the temperature is evenly distributed.
- The times are for food at a room temperature of 20° C. The heating time for food stored in a refrigerator should be increased slightly.
- After heating allow the food to stand for 1-2 minutes, so that the temperature inside the food can be evenly distributed (standing time).
- The times given are guidelines which can be varied according to the initial temperature, weight, water content, fat content or the result which you wish to achieve.

DEFROSTING

Details for this can be found in the table: Defrosting (see page 28). Your microwave is ideal for thawing. Thawing times are usually considerably shorter than in traditional methods. Here are a few tips. Take the frozen item out of its packaging and place on a plate for thawing.

BOXES AND CONTAINERS

Boxes and containers suitable for microwaves are particularly good for thawing and heating food, since they can withstand temperatures in a deep freeze (down to approx. -40° C) as well as being heat-resistant (up to approx. 220° C). You can therefore use the same container to freeze, thaw, heat and even cook the food, without having to transfer it.

COVERING

Cover thin parts with small strips of aluminium foil before thawing. Thawed or warm parts should likewise be covered with aluminium strips during thawing. This stops the thin parts becoming too hot while thicker parts are still frozen.

CORRECT SETTING

It is better to choose a setting which is too low rather than one which is too high. By so doing you will ensure that the food thaws evenly. If the microwave setting is too high, the surface of the food will already have begun to cook while the inside is still frozen.

TURNING/STIRRING

Almost all foods have to be turned or stirred from time to time. As early as possible, separate parts which are stuck together and rearrange them.

SMALL AMOUNTS...

thaw more quickly and evenly than larger ones. We recommend that you freeze portions which are as small as possible. By so doing you will be able to prepare whole menus quickly and easily.

FOODS REQUIRING CAREFUL HANDLING,

Foods such as gateaux, cream, cheese and bread should only be partially thawed and then left to thaw completely at room temperature. By so doing you will avoid the outer areas becoming too hot while the inside is still frozen.

STANDING TIME

This is particularly important after thawing food, as the thawing process continues during this period. In the thawing table you will find the standing times for various foods. Thick, dense foods require a longer standing time than thinner foods or food of a porous nature. If the food has not thawed sufficiently, you may continue thawing it in the microwave oven or lengthen the standing time accordingly. At the end of the standing time you should process the food as soon as possible and not re-freeze it.

COOKING FRESH VEGETABLES

Details for this can be found in the table: Cooking fresh vegetables (see page 29).

- When buying vegetables try to ensure that, as far as possible, they are of similar size. This is particularly important when you want to cook the vegetables whole (e.g. boiled potatoes).
- Wash the vegetables before preparing them, clean them and only then weigh the required quantity for the recipe and chop them up.
- Season them as you would normally, but as a rule only add salt after cooking.
- Add about 5 tbsps of water for 500 g of vegetables. Vegetables which are high in fibre require a little more water. You will find information about this in the table.
- Vegetables are usually cooked in a dish with a lid. Those with a high moisture content, e.g. onions or boiled potatoes, can be cooked in microwave foil without adding water.
- After half the cooking time has elapsed vegetables should be stirred or turned over.
- After cooking allow the vegetables to stand for approx. 2 minutes, so that the temperature disperses evenly (standing time).
- The cooking times given are guidelines and depend upon the weight, initial temperature and condition of the type of vegetable in question. The fresher the vegetables, the shorter the cooking times.

COOKING GRILLING AND BROWNING

Details for this can be found in the table: Cooking, grilling and browning (see page 30).

- When buying food items, try to ensure that, as far as possible, they are of similar size. This will ensure that they are cooked properly.
- Before preparation wash meat, fish and poultry thoroughly under cold running water and pat them dry with kitchen paper. Then continue as normal.
- Beef should be well hung and have little gristle.
- Even though the pieces may be of a similar size, cooking results may vary. This is due, amongst other things, to the kind of food, variations in the fat and moisture content as well as the temperature before cooking.
- Turn large pieces of meat, fish or poultry half way through the cooking time, so that they are cooked evenly from all sides.
- After cooking cover roasts with aluminium foil and allow them to stand for approx. 10 minutes (standing time). During this period the roast carries on cooking and the liquid is evenly distributed, so that when it is carved a minimum amount of juice is lost.

DEFROSTING AND COOKING

Deep-frozen dishes can be thawed and cooked at the same time in one process in your microwave. You will find some examples in the table. Do take note, however, of the general advice given on "heating" and "thawing" food.

Please refer to the manufacturer's instructions on the packaging when preparing deep- frozen dishes. These usually contain precise cooking times and offer advice on preparation.

TABLE : HEATING FOOD AND DRINK

Food/Drink	Quantity -g-	Setting	Power -Level-	Time -min-	Method
Coffee, 1 cup	150	⫴	100 P	ca. 1	Do not cover
Milk, 1 cup	150	⫴	100 P	1- 1 1/2	Do not cover
Water, 1 cup	150	⫴	100 P	1 1/2 -2	Do not cover, bring to the boil
6 cups	900	⫴	100 P	9-11	Do not cover, bring to the boil
1 dish	1000	⫴	100 P	11 1/2-13	Cover, bring to the boil
One-plate meal (Vegetables, Meat and side dishes)	400	⫴	100 P	3-6	Sprinkle sauce with water, cover, stir half way through cooking time
Stew	200	⫴	100 P	1 1/2 -2 1/2	Cover, stir after heating
Soup, clear	200	⫴	100 P	1 1/2-2	Cover, stir after heating
Cream soup	200	⫴	100 P	1 1/2-2 1/2	Cover, stir after heating
Vegetables	200	⫴	100 P	2-3	Add water if necessary, cover, stir half
	500	⫴	100 P	4-5	way through cooking time
Side dishes	200	⫴	100 P	2-3	Sprinkle with a little water, cover, stir half
	500	⫴	100 P	4-5	way through cooking time
Meat, 1 slice[1]	200	⫴	100 P	3-4	Sprinkle with a little sauce, cover
Fish fillet	200	⫴	100 P	3-5	Cover
Sausages, 2 pieces	180	⫴	100 P	1-1 1/2	Prick skin several times
Cake, 1 slice	150	⫴	50 P	1/2 -1	Place on a plate
Baby food, 1 jar	190	⫴	50 P	1-2	Remove lid, stir well after heating Check the temperature
Melting Margarine or Butter[1]	50	⫴	100 P	approx. 1/2	cover
Melting chocolate	100	⫴	50 P	2-3	Stir during cooking
Dissolving 6 sheets of gelatine	10	⫴	50 P	1/2-1	Soak in water, squeeze out well and put in soup bowl, stir during cooking
Cake glaze for 1/4 l liquid	10	⫴	50 P	5-6	Stir with sugar and 250ml liquid, cover and, stir well during and after cooking

[1] **from chilled**

TABLE : COOKING AND DEFROSTING

Food (Frozen)	Quantity -g-	Setting	Power -Level-	Time -min-	Adding water -Tbsp-	Method	Standing Time -min-
Fish fillet	300	⫴	100 P	10-12	-	Cover	1-2
Trout, 1 piece	250	⫴	100 P	5-7	-	Cover	1-2
One-plate meal	400	⫴	100 P	9-11	-	Cover, stir after 6 minutes	2
Fresh spinach	300	⫴	100 P	6-8	-	Cover, stir once or twice during cooking	2
Broccoli	300	⫴	100 P	7-9	3-5 Tbsp	Cover, stir halfway through time	2
Peas	300	⫴	100 P	7-9	3-5 Tbsp	Cover, stir halfway through time	2
Kohlrabi	300	⫴	100 P	7-9	3-5 Tbsp	Cover, stir halfway through time	2
Mixed veg.	500	⫴	100 P	11-13	3-5 Tbsp	Cover, stir halfway through time	2
Brussel sprouts	300	⫴	100 P	7-9	3-5 Tbsp	Cover, stir halfway through time	2
Red cabbage	450	⫴	100 P	10-12	3-5 Tbsp	Cover, stir halfway through time	2

TABLES

TABLE : DEFROSTING

Food	Quantity -g-	Setting	Power -Level-	Time -min-	Method	Standing time -min-
Meat for roasting	1500	⫴	10 P	58-64	Place on an upturned plate, turn over	30-90
(e.g. Pork, Beef,	1000	⫴	10 P	42-48	halfway through defrosting	30-90
Lamb, Veal)	500	⫴	10 P	10-14		30-90
Steaks, Cutlets, Liver	200	⫴	30 P	4-5	Turn over halfway through defrosting	10-15
Goulash	500	⫴	30 P	8-12	Stir halfway through defrosting	15-30
Sausages, 8	600	⫴	30 P	6-9	Place next to each other, turn over half	5-10
4	300	⫴	30 P	4-5	way through defrosting	5-10
Duck/Turkey	1500	⫴	10 P	48-52	Place on an upturned plate, turn over halfway through defrosting	30-90
Chicken	1200	⫴	10 P	39-43	Place on an upturned plate, turn over halfway through defrosting	30-90
	1000	⫴	10 P	33-37	Place on an upturned plate, turn over halfway through defrosting	30-90
Chicken legs	200	⫴	30 P	4-5	Turn over halfway through defrosting	10-15
Fish in pieces	800	⫴	30 P	9-12	Turn over halfway through defrosting	10-15
Fish fillet	400	⫴	30 P	7-10	Turn over halfway through defrosting	5-10
Crab	300	⫴	30 P	6-8	Turn over halfway through defrosting and remove defrosted parts	5
Bread rolls, 2	80	⫴	30 P	1-1½	Only begin to defrost	-
Coarse wholemeal bread in slices	250	⫴	30 P	2-4	Place slices next to each other, only begin to defrost	5
Slices of Toast bread Mixed flour bread, whole loaf White bread, whole loaf	500	⫴	30 P	7-10	Turn over halfway through defrosting (centre will still be frozen)	15
Cake, 1 slice	150	⫴	10 P	2-5	Place on a plate	5
Cream cake, 1 slice		⫴	10 P	2-3	Place on a plate	10
Whole cake, Ø 25 cm		⫴	10 P	20-24	Place on a plate. When half defrosted, cut in to slices and leave until cake is fully defrosted	30-60
Cream	200	⫴	30 P	2+2	Remove lid. When half defrosted, put in a dish and allow to finish defrosting	5-10
Butter	250	⫴	30 P	2-4	Only begin to defrost	15
Fruit e.g. strawberries raspberries, cherries, plums	250	⫴	30 P	4-5	Place next to each other, spread out evenly Turn over halfway through defrosting	5

The times shown in the table are guidelines which may vary according to freezing temperature, quality and weight of the foodstuffs.

ABBREVIATIONS USED

tbsp = tablespoon	l = litre	min = minutes
tsp = teaspoon	ml = millilitre	sec = seconds
Cup = cupful	cm = centimetre	dm = diameter
kg = kilogram	DFC = dry fat content	app. = approximate
g = gram	DF = deep frozen	sach. = sachet

TABLE : COOKING FRESH VEGETABLES

Vegetable	Weight -g-	Setting	Power -Level-	Time -Min-	Hints	Added Water tbsps/ml-
Artichokes	300	⫴	100 P	6-8	remove the stalk, cover	3-4 tbsp
Leaf Spinach	300	⫴	100 P	5-7	wash, dry well, cover, stir once or twice during cooking	-
Cauliflower	800	⫴	100 P	15-17	1 whole head, cover, divide into florets	5-6 tbsp
	500	⫴	100 P	10-12	stir during cooking	4-5 tbsp
Broccoli	500	⫴	100 P	9-11	divide into florets, cover, stir occasionally during cooking	4-5 tbsp
Mushrooms	500	⫴	100 P	8-10	whole heads, cover, stir occasionally during cooking	-
Chinese leaves	300	⫴	100 P	9-11	cut into strips, cover, stir occasionally during cooking	4-5 tbsp
Peas	500	⫴	100 P	9-11	cover, stir occasionally during cooking	4-5 tbsp
Fennel	500	⫴	100 P	9-11	cut into quarters, cover, stir occasionally during cooking	4-5 tbsp
Onions	250	⫴	100 P	5-7	whole, cook in microwave foil	-
Carrots	500	⫴	100 P	10-12	cut into rings, cover, stir occasionally during cooking	4-5 tbsp
Green peppers	500	⫴	100 P	9-11	cut into strips, stir once or twice during cooking	4-5 tbsp
Jacket potatoes	500	⫴	100 P	9-11	cover, stir occasionally during cooking	4-5 tbsp
Leeks	500	⫴	100 P	9-11	cut into rings, cover, stir occasionally during cooking	4-5 tbsp
Red cabbage	500	⫴	100 P	15-17	cut into strips, stir once or twice during cooking	50 ml
Brussels sprouts	500	⫴	100 P	9-11	whole sprouts, cover, stir occasionally during cooking	50 ml
Boiled potatoes (salted)	500	⫴	100 P	9-11	cut into large pieces of a similar size, add a little salt, cover, stir occasionally during cooking	150 ml
Celery	500	⫴	100 P	9-11	dice finely, cover, stir occasionally during cooking	50 ml
White cabbage	500	⫴	100 P	15-17	cut into strips, cover, stir occasionally during cooking	50 ml
Courgettes	500	⫴	100 P	9-11	slice, cover, stir occasionally during cooking	4-5 tbsp

TABLES

TABLE : COOKING, GRILLING AND BROWNING

Food	Quantity -g-	Setting	Power -Level-	Time -min-	Method	Standing time -min-
Roasts (Pork,Veal, Lamb)	500	⫴	100 P	6-8	Season to taste, place in shallow dish, place on revolving plate, turn over after *	10
		⫴ 🌀	50 P	3-5*		
		⫴	100 P	4-7		
		⫴ 🌀	50 P	2-4		
	1000	⫴	100 P	13-16		
		⫴ 🌀	50 P	6-8*		
		⫴	100 P	8-10		
		⫴ 🌀	50 P	3-5		
	1500	⫴	100 P	21-24		
		⫴ 🌀	50 P	9-11*		
		⫴	100 P	11-14		
		⫴ 🌀	50 P	5-7		
Roast beef (medium)	1000	⫴	70 P	7-10	Season to taste, place fatty side down in shallow dish, place on revolving plate, turn over after *	10
		⫴ 🌀	50 P	7-8*		
		⫴	70 P	4-6		
		⫴ 🌀	50 P	5-7		
	1500	⫴	70 P	8-10		
		⫴ 🌀	50 P	8-10*		
		⫴	70 P	8-10		
		⫴ 🌀	50 P	3-5		
Chicken	1200	⫴	100 P	8-11	Season to taste, place breast side down in shallow dish, place on revolving plate, turn over after *	3
		⫴ 🌀	50 P	5-7*		
		⫴	100 P	8-11		
		⫴ 🌀	50 P	4-5		
Chicken legs	200	⫴ 🌀	50 P	5-6	Season to taste, place skin downwards on grill, turn over after *	3
		🌀		1-2*		
		🌀		6-7		
Steaks	400	🌀		11-13*	Place on rack, turn over after *, season after grilling	2
2 medium pieces		🌀		9-11		
To brown dishes etc.		🌀		3-4	Place dish on the rack	10
Croque monsieur, 1 slice		🌀		4½-5½	Toast bread, spread with butter, lay 1 slice of cooked ham, 1 slice of pineapple and 1 slice of processed cheese on top and grill	1

ADAPTING RECIPES FOR THE MICROWAVE OVEN

If you would like to adapt your favourite recipes for the microwave, you should take note of the following: Shorten cooking times by a third to a half. Follow the example of the recipes in this cookery book. Foods which have a high moisture content such as meat, fish, poultry, vegetables, fruit, stews and soups can be prepared in your microwave without any difficulty.

Foods which have little moisture, such as platters of food, should have the surface moistened prior to heating or cooking.

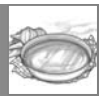
The amount of liquid to be added to raw foods, which are to be braised, should be reduced to about two thirds of the quantity in the original recipe. If necessary, add more liquid during cooking.

The amount of fat to be added can be reduced considerably. A small amount of butter, margarine or oil is sufficient to flavour food. For this reason your microwave is excellent for preparing low-fat foods as part of a diet.

HOW TO USE THE RECIPES

- All the recipes in this cookery book are calculated on the basis of 4 servings - unless otherwise stated.
- Recommendations relating to suitable utensils and the total cooking times are given at the beginning of every recipe.
- As a rule the quantities shown are assumed to be wholly consumable, unless specifically indicated otherwise.
- When eggs are given in the recipes they are assumed to have weight of approx. 55 g (medium).

SOUPS AND STARTERS



Spain

CREAM OF AVOCADO SOUP

Sopa de aguacates

Total cooking time: approx. 10-12 minutes

Utensils: Bowl with lid (2 litre capacity)

Ingredients

3	avocados (600g of flesh)
	a little lemon juice
700ml	meat stock
70ml	cream
	salt & pepper

Procedure

1. Peel the soft, ripe avocados, remove stone, cut into small pieces and puree with a mixer or a mixing attachment on a hand mixer. Reserve two thin slivers per portion for decoration and sprinkle with lemon juice.
2. Put the meat stock, avocados and the cream in a dish, season with salt and pepper and cook with lid on. Stir once during cooking.
   10-12 min. 100 P
3. Mix soup until creamy and decorate with the remaining avocado slivers. Allow to stand for 5 minutes after cooking.

Switzerland

BARLEY SOUP

Bündner Gerstensuppe
Total cooking time: approx. 35-40 minutes
Utensils: Bowl with lid (2 litre capacity)
Ingredients

2 tbsp	butter or margarine (20g)
1	onion (50g), finely chopped
1-2	carrots (130g), sliced
15g	celery, diced
1	leek (130g), in rings
3	white cabbage leaves (100g) in strips
200g	veal bones
50g	streaky bacon, in strips
50g	barley grains
700ml	meat stock
	pepper
4	wiener sausages (300g)

Procedure

1. Put the butter and diced onion in the dish and steam with the lid on the dish.
   approx. **1-2 min**. ⫷ 100 P
2. Add the vegetables to the dish. Then add the bones, the strips of bacon and the barley and fill with the meat stock. Season with pepper and cook with the lid on.
   1. **17-19 min**. ⫷ 100 P
   2. **17-19 min**. ⫷ 50 P
3. Chop the sausages into small pieces and heat them for 5 minutes in the dish.
4. After cooking, let the soup stand for 5 minutes. Take the bones out of the soup before serving.

Netherlands

MUSHROOM SOUP

Champignonsoep
Total cooking time: approx. 13-17 minutes
Utensils: Bowl with lid (2 litre capacity)
Ingredients

200g	mushrooms, sliced
1	onion (50g), finely chopped
300ml	meat stock
300ml	cream
2 1/2 tbsp	plain flour (25g)
2 1/2 tbsp	butter or margarine (25g)
	salt & pepper
1	egg yolk
150g	crème fraiche

Procedure

1. Put the vegetables with the meat stock in the dish and cook with the lid on.
   8-9 min. ⫷ 100 P
2. Puree all the ingredients in a food processor. Add the cream.
3. Rub the flour and butter into a dough and stir into the mushroom soup until smooth. Season with salt and pepper, cover and cook. Stir again after cooking.
   4-6 min. ⫷ 100 P
4. Mix the egg yolk with the crème fraiche, stir into the soup little by little. Heat the whole mixture again for a short time, but do not allow it to boil!
   1-2 min. ⫷ 100 P
   Allow the soup to stand for approximately 5 minutes once cooked.

Soup insert

SOUP THICKENER with EGG

for half a litre of soup
Total cooking time: approx. 3-5 minutes
Utensils: Coffee cup (150ml capacity)
Ingredients

1	egg
4 tbsp	milk or cream (50ml)
1	pinch salt
1	pinch nutmeg

Procedure

1. Whisk all the ingredients, pour them into the cup and heat until they curdle.
   3-5 min. ⫷ 30 P
2. Turn out the egg thickening and allow to cool. Cut into small cubes and add to the soup

Germany

CAMEMBERT TOAST

Camemberttoast
Total cooking time: approx. 1-2 minutes
Utensils: Flat dish
Ingredients

4	slices of bread for toasting (80 g)
2 tbsp	butter or margarine (20 g)
150 g	camembert
4 tsp	cranberry jelly (40 g)
	cayenne pepper

Procedure

1. Toast the bread and spread with butter.
2. Cut the Camembert into slices and arrange on top of the toast. Put the Cranberry jelly in the middle of the cheese and sprinkle with Cayenne pepper.
3. Place the toast on a plate and heat.
   approx **1-2 min**. ⋕ 100 P

Tip: You can vary this recipe according to your taste. For example, you can use fresh mushrooms and grated cheese or cooked ham, asparagus and Emmental cheese.

France

FRESH TUNA WITH VEGETABLES

Thon frais braisé aux tomates et aux poivrons
Total cooking time: approx. 18-20 minutes
Utensils: Shallow oval gratin dish with lid (approx. 26 cm)
Ingredients

500g	fresh tuna, in slices
2 tbsp	lemon juice
	salt
1 tsp	vegetable oil to grease the dish
1/2	green pepper (125g), cut into strips
2	onions (125g), finely chopped
1	carrot (50g), sliced
1-2	tomatoes (125g), diced
40 ml	white wine
1	clove of garlic
	bouquet garni
	salt & pepper

Procedure

1. Wash the tuna, pat dry and sprinkle with lemon juice. Allow the fish to stand for approximately 15 minutes, then pat dry again and add salt.
2. Spread oil on the bottom of the dish and lay the tuna in it. Arrange the vegetables on top of the fish. Add the white wine, the clove of garlic and the bouquet garni and season. Cover the dish and cook.
   18-20 min. ⋕ 70 P
   Allow the fish to stand for approximately 2 minutes after cooking. Remove the bouquet garni and the clove of garlic before serving.

Tip: A bouquet garni is made of:
a sprig of parsley, a bunch of herbs and vegetables for making soup , lovage, thyme and a few bay leaves

Spain

MUSHROOM WITH ROSEMARY

Champinones rellenos al romero
Total cooking time: approx. 15-21 minutes
Utensils: Bowl with lid (1 litre capacity)
Shallow round dish
(approx. 22 cm diameter)

Ingredients

8	large mushrooms (approx. 225g), whole
2 tbsp	butter or margarine (20g)
1	onion (50g), finely chopped
50g	bacon, finely diced
	black pepper, ground
	fresh rosemary, bruised
125 ml	dry white wine
125 ml	cream
2 tbsp	flour (20g)

Procedure

1. Remove the stalks from the mushrooms and chop the stalks into small pieces.
2. Spread the butter on the bottom of the dish. Add the onions, the diced bacon and the mushroom stalks. Season with pepper and rosemary, cover and cook.
   4-6 min. ⫴ 100 P
   Leave to cool.
3. Heat 100 ml of the wine and cream in the other dish with its lid on.
   2-3 min. ⫴ 100 P
4. Mix the remaining wine with the flour, stir into the hot liquid and cook with the lid on. Stir once during cooking.
   1-2 min. ⫴ 100 P
5. Fill the mushrooms with the bacon mixture, place in the sauce and cook on the rack.
   2-3 min. ⫴ 100 P
   6-7 min. ⫴ 50 P
   Allow the mushrooms to stand for approximately 2 minutes once cooked.

Germany

COURGETTE AND MACARONI BAKE

Zucchini-Nudel-Auflauf
Total cooking time: approx. 47-53 minutes
Utensils: Bowl with lid (2 litre capacity)
Gratin dish (approx. 26cm long)

Ingredients

500ml	water
1/2 tsp	oil
80g	macaroni
400g	tinned tomatoes, chopped
3	onions (150g), finely chopped
	basil, thyme, salt, pepper
1 tbsp	oil to grease the dish
450g	courgettes, sliced
150g	sour cream
2	eggs
100g	grated cheddar cheese

Procedure

1. Put the water, oil and salt in the dish and bring to the boil with the lid on.
   3-4 min. ⫴ 100 P
2. Break the macaroni into pieces, add to the dish, stir and allow to swell.
   8-10 min. ⫴ 30 P
   Drain the macaroni and allow to cool.
3. Mix the tomatoes with the onions and season well. Grease the gratin dish. Put the macaroni in it and pour the tomato sauce over it. Arrange the courgette slices on the top.
4. Beat the sour cream with the eggs and pour over the mixture in the dish. Sprinkle the grated cheese over the top.
   21-23 min. ⫴ 100 P
   6-8 min. ⫴ 50 P
   Allow the dish to stand for 5-10 minutes after cooking.

Austria

STUFFED ROAST CHICKEN

Gefülltes Brathähnchen
Stuffed roast chicken for two servings
Total cooking time: approx. 26 - 35 minutes
Utensils: Quiche dish
Thread

Ingredients

1	chicken (1000g)
	salt, bruised (fresh) rosemary, bruised marjoram
1	stale bread roll (40g)
	salt
1 bunch	parsley, finely chopped (10g)
1 pinch	nutmeg
2 tbsp	butter or margarine (20g)
1	egg yolk
3 tbsp	butter or margarine (30g)
1 tsp	paprika, mild
	salt
1 tsp	butter or margarine to grease the dish

Procedure

1. Wash the chicken, pat it dry and season the cavity with salt, rosemary and marjoram.
2. To make the filling, soak the bread roll for approximately 10 minutes in cold water, and then squeeze out excess water. Mix butter and egg yolk with salt, parsley, nutmeg, and stuff the chicken with the mixture. Sew the opening with cotton or butcher's thread.
3. Heat the butter.
   approx. 1 min. 100 P
   Mix the paprika and salt with the butter and smear it on the chicken.
4. Cook the chicken in the greased quiche dish (do not cover).
   1. **8-11 min**. 100 P
   2. **5-7 min**. 50 P
   Turn the chicken over
   3. **8-11 min**. 100 P
   4. **4-5 min**. 50 P
   Allow the stuffed chicken to stand for approximately 3 minutes after cooking.

Switzerland

FISH FILLET WITH CHEESE SAUCE

Fischfilet mit Käsesauce
Total cooking time: approx. 22-26 minutes
Utensils: Bowl with lid (1 l capacity)
Shallow round gratin dish (approx. 25 cm diameter)

Ingredients

3	fish fillets (approx. 600g)
2 tbsp	lemon juice
	salt
1 tbsp	butter or margarine
1	onion (50g), finely chopped
2 tbsp	flour (20g)
100ml	white wine
1 tsp	vegetable oil to grease the dish
100g	grated Emmental cheese
2 tsp	chopped parsley

Procedure

1. Wash the fish, pat dry and sprinkle with lemon juice. Leave to stand for 15 minutes, pat dry again and rub with salt.
2. Smear the butter on the bottom of the dish. Add the diced onion, cover with the lid and steam.
   approx. 2 min. 100 P
3. Sprinkle the flour over the onions and stir. Add the white wine and mix.
4. Grease the gratin dish and place the fish in it. Pour the sauce over the fish and sprinkle with cheese. Place on the grill and cook.
   16-19 min. 70 P
   4-5 min. 50 P
   Allow fish to stand for approximately 2 minutes after cooking. Serve with a garnish of chopped parsley

Germany

MULTI-COLOURED MEAT KEBABS

Bunte Fleischspiesse
Total cooking time: approx. 14 - 17 minutes
Utensils: Rack
3 wooden skewers
(approx. 20-25cm long)

Ingredients

300g	pork cutlets
75g	bacon
1-2	onions (75g), cut in quarters
3	tomatoes (200g), cut in quarters
1/2	green pepper (75g), cut into 8
3 tbsp	oil
4 tsp	paprika
	salt
1 tsp	cayenne pepper
1 tsp	worcester sauce

Procedure

1. Cut the pork and the bacon into cubes approximately 2-3cm in size.
2. Skewer the meat the vegetables alternately on the wooden skewer.
3. Mix the oil with the spices and place the skewers on the grill and cook on the rack.
   EXPRESS COOK EC-2 or
   1. **7-9 min**. ⋕ 50 P
4. Turn the skewers over.
   2. **7-8 min**. ⋕ 50 P

Spain

STUFFED HAM

Jamón relleno
Total cooking time: approx. 18 - 23 1/2 minutes
Utensils: Bowl with lid (2 litre capacity)
Shallow oval gratin dish with lid
or microwave foil
(approx. 26cm long)

Ingredients

125g	fresh spinach, with stalks removed
125g	quark (6% fat)
40g	grated Emmental cheese
	pepper
	paprika, mild
6	slices cooked ham (300g)
125ml	water
125ml	cream
2 tbsp	flour (20g)
2 tbsp	butter or margarine (20g)
1 tsp	butter or margarine to grease the dish

Procedure

1. Cut the spinach finely, mix with the quark and the cheese and season to taste.
2. Place a tablespoon of the filling on each slice of the cooked ham and roll up. Secure the ham with a wooden toothpick.
3. Make a béchamel sauce. To do this, pour the liquid into the dish, cover and heat.
   3-4 min. ⋕ 100 P
   Rub the butter into the flour, add to the liquid and beat with a balloon whisk, until it is smooth. Cover, bring to the boil until thickened.
   1-1 1/2 min. ⋕ 100 P
   Stir and taste.
4. Pour the sauce into the greased dish, place the ham rolls in the dish and cook with the lid on. To brown the top, remove the lid and place the dish on the rack.
   1. **7-10 min**. ⋕ 100 P
   2. **4-5 min**. ⋕ 50 P
   Allow the ham rolls to stand for approximately 5 minutes after cooking.

Tip: You can also use ready-made béchamel sauce for this recipe.

Greece

POT ROAST WITH GREEN BEANS

Kréas mé fasólia
Total cooking time: approx. 20-24 minutes
Utensils: Bowl with lid (2 litre capacity)
Ingredients

1-2	tomatoes (100g)
400g	lamb without bones
1 tsp	butter or margarine to grease the dish
1	onion (50g), finely chopped
1	clove of garlic, crushed
	salt & pepper
	sugar
250g	tinned green beans

Procedure

1. Peel the tomatoes, cut out the stalks and purée in a food processor.
2. Cut the lamb into large cubes. Grease the dish with butter. Add the meat, the diced onion and crushed garlic clove, season, cover dish and cook.
   9-11 min. 100 P
3. Add the beans and the puréed tomatoes to the meat and continue to cook with the lid on.
   11-13 min. 70 P
   Allow the meat to stand for approximately 5 minutes after cooking.

Tip: If you use fresh beans, these must be cooked in advance.

Switzerland

ZURICH VEAL STEW

Züricher Geschnetzeltes
Total cooking time: approx. 12-16 minutes
Utensils: Bowl with lid (2 litre capacity)
Ingredients

600g	veal fillet
1 tbsp	butter or margarine
1	onion (50g), finely chopped
100ml	white wine
	gravy thickener to make approx. 1/2 litre
300ml	cream
	salt & pepper
1 tbsp	parsley, chopped

Procedure

1. Slice the meat into finger-thick strips.
2. Smear the butter evenly around the dish. Add the onion and the meat to the dish, cover and cook. Stir once during cooking.
   7-10 min. 100 P
3. Add the white wine, the gravy powder and the cream, stir, cover and continue to cook. Stir once during cooking.
   5-6 min. 100 P
4. Taste the stew, stir again and allow to stand for 5 minutes. Serve with parsley garnish.

France

FILLET OF SOLE

Filets de sole for 2 Portions
Total cooking time: approx. 12-14 minutes
Utensils: Shallow oval gratin dish with lid (approx.26 cm)
Ingredients

400g	fillet of sole
1	lemon, untreated
2	tomatoes (150g)
1 tsp	butter or margarine to grease the dish
1 tbsp	vegetable oil
1 tbsp	parsley, chopped
	salt & pepper
4 tbsp	white wine (30ml)
2 tbsp	butter or margarine (20g)

Procedure

1. Wash the fish and pat dry. Remove any bones.
2. Slice the lemon and the tomatoes finely.
3. Grease the gratin dish with butter. Place the fish in it and drizzle with vegetable oil.
4. Sprinkle the fish with parsley, lay the slices of tomato on top and season. Lay the slices of lemon on top of the tomato and pour the white wine over this.
5. Dot the lemon with butter, cover and cook.
   13-16 min. 70 P
   Allow the fish fillets to stand for 2 minutes after cooking.

Tip: You can also use rosefish, halibut, mullet, plaice or cod in this recipe.

China

PRAWNS WITH CHILLI

Total cooking time: approx. 5 - 7 minutes
Utensils: Bowl with lid (1 litre capacity)
Bowl with lid (2 litre capacity)

Ingredients

6	prawns (shelled 240g)
50ml	white wine
2	small bunches of chives (200g)
1-2	chillies, hot
20g	ginger (fresh)
1 tbsp	cornflour
2 tbsp	vegetable oil (20g)
1 1/2 tbsp	soy sauce (20ml)
1 tbsp	sugar
1 tbsp	vinegar

Procedure

1. Wash the prawns. Remove the shell and tail. Cut into the spine and remove gut. Cut each prawn into 2 or 3 pieces and snip each piece so they do not curl when cooked. Put the prawns into a bowl and sprinkle with the wine. Cover and marinate.
2. Wash chives and chillis and pat dry. Cut chives into 5cm lengths. Cut chillies in half lengthwise and remove seeds. Peel and slice ginger.
3. Take the prawns out of the wine and coat them in cornflour.
4. Put oil, chives, chillies and ginger slices into bowl and cover. Heat.
   approx. **2 min**. 100 P
5. Add prawns to the bowl. Season with soy sauce, sugar and vinegar. Stir and cook covered.
   3-5 min. 100 P
   Allow the prawns to stand for 1 - 2 minutes after cooking. Serve hot.

Germany

ROAST PORK WITH CRACKLING

Schweinebraten mit Kruste
Total cooking time: approx. 56-64 minutes
Utensils: Bowl with lid (2 litre capacity)
Bowl with lid (1 litre capacity)

Ingredients

1000g	boned shoulder of pork, with fat rind
1 - 2	garlic cloves
	salt
	black pepper, freshly ground
1 tsp	caraway seeds
2	carrots, sliced (125g)
60g	celeriac, finely diced
60g	leeks, sliced in rings
	salt and pepper
75ml	water
75ml	beer
	gravy thickener, dark, for 1/4-1/2 litre gravy

Procedure

1. Wash the meat and pat dry. Cut a criss-cross pattern onto the fat rind.
2. Crush garlic clove, mix with salt, pepper and caraway seeds, and use to season meat.
3. Place the meat rind-down in bowl. Season vegetables and add them to bowl. Mix water and beer and pour into bowl. Cook covered, turning halfway through cooking.
   1. **6-7 min**. 100 P
   2. **46-52 min**. 70 P
4. Remove meat, wrap in kitchen foil and leave to stand for 10 minutes. Strain the meat juices through a sieve into the small dish. Add the correct amount of gravy thickener to the juices, stir and heat covered, stirring occasionally.
   4-5 min. 100 P
   Season the sauce as required, pour over meat and serve.

Tip: vegetables and dumplings or boiled potatoes go well with this recipe

Italy

LASAGNE

Lasagne al forno
Total cooking time: approx. 22-27 minutes
Utensils: Bowl with lid (2 litre capacity)
Shallow rectangular gratin dish with lid (approx. 20x20x6 cm)

Ingredients

300g	tomatoes, tinned
50g	ham, finely diced
1	onion (50g), finely chopped
1	garlic clove, crushed
250g	minced beef
2 tbsp	tomato puree (30g)
	salt & pepper
	oregano, thyme, basil
150ml	creme fraiche
100ml	milk
50g	grated Parmesan cheese
1 tsp	chopped mixed herbs
1 tsp	olive oil
	salt, pepper & nutmeg
1 tsp	vegetable oil for greasing dish
125g	green lasagne sheets
1 tsp	grated Parmesan cheese
1 tsp	butter or margarine

Procedure

1. Slice the tomatoes and mix with the diced onion and ham, garlic, minced beef and tomato puree. Season and steam with lid on.
   7-9 min. ⋕ 100 P
2. Mix together the cream, milk, Parmesan cheese, herbs and oil. Season.
3. Grease the dish and cover the base with 1/3 of the pasta sheets. Spread half of the meat mixture on top of the pasta and cover with some of the cheese sauce. Lay another 1/3 of the pasta on top of this, followed by the meat mixture and some sauce. Finish with the last 1/3 of the pasta covered with a lot of sauce and top with grated Parmesan. Add butter slivers and cook with lid on.
   15-18 min. ⋕ 70 P
   Leave the lasagne 5 to 10 minutes to stand after cooking.

France

VEGETABLE CASSEROLE

Ratatouille spécial
Total cooking time: approx. 19-21 minutes
Utensils: Bowl with lid (2 litre capacity)

Ingredients

5 tbsp	olive oil (50ml)
1	garlic clove, crushed
1	onion (50g), sliced
1	small aubergine (250g), roughly chopped
1	courgette (200g), roughly chopped
1	pepper (200g), roughly chopped
1	small fennel bulb (75g), roughly chopped pepper
1	bouquet garni
200g	tin artichoke hearts, quartered
	salt & pepper

Procedure

1. Put olive oil and garlic in dish. Add all the prepared vegetables except the artichoke hearts and season with pepper. Add the bouquet garni and cook covered. Stir once during cooking.
   19-21 min. ⋕ 100 P
   Add the artichoke hearts to the bowl for the last 5 minutes.
2. Season the ratatouille to taste and take the bouquet garni out before serving. Once cooked, leave the ratatouille to stand for about 2 minutes.

Tip: Serve this hot vegetable casserole with meat dishes. Served cold it makes a delicious starter.

Bouquet garni consists of: a sprig each of parsley, lovage and thyme, plus some bay leaves.

VEGETABLES AND NOODLES

Spain

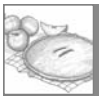
STUFFED POTATOES

Patatas Rellenas
Total cooking time: approx. 12 - 16 minutes
Utensils: Bowl with lid (2 litre capacity)
China plates
Ingredients

4	medium-sized potatoes (400g)
100ml	water
60g	ham, finely diced
1/2	onion (25g), finely chopped
75-100ml	milk
2 tbsp	grated Parmesan cheese (20g)
	salt & pepper
2 tbsp	grated Emmental cheese

Procedure

1. Put the potatoes in the bowl, add the water, cover and cook. Turn once during cooking.
   8-10 min. 100 P
   Allow to cool.
2. Halve the potatoes lengthways and carefully scoop out the flesh. Mix the potato with the ham, onion, milk and Parmesan until it is smooth. Season with salt and pepper.
3. Fill the potato skins with the mixture, top with the grated Emmental, place on the plates and cook.
   4-6 min. 100 P
   Leave the potatoes to stand for about 2 minutes after cooking.



DRINKS AND DESSERTS

Denmark

BERRY JELLY WITH VANILLA SAUCE

Rødgrød med vanilie sovs
Total cooking time: approx. 10-13 minutes
Utensils: 2 dishes with lids (2 litre capacity)
Ingredients

150g	redcurrants, washed, stems and stalks removed
150g	strawberries, washed, stalks removed
150g	raspberries, washed and checked
250ml	white wine
100g	sugar
50ml	lemon juice
8	gelatine sheets
300ml	milk
	flavouring from 1/2 vanilla pod
30g	sugar
15g	cornflour

Procedure

1. Reserve some of the fruit for decoration. Puree the rest of the berries with the wine. Put into the bowl and cook cover.
   7-9 min. 100 P
   Add sugar and lemon juice.
2. Leave gelatine in cold water for 10 minutes to soften. Remove and squeeze out water. Stir gelatine into the hot fruit until it dissolves. Put the jelly into the fridge to set.
3. To make the vanilla sauce, put the milk in a bowl. Slice the vanilla pod open and scrape out the vanilla flavouring. Stir the flavouring, sugar and cornflour into the milk and cover before cooking. Stir occasionally during cooking and to finish.
   3-4 min. 100 P
4. Tip the set jelly onto a plate and garnish with the whole berries. Serve with the vanilla sauce.

Tip: You can also use frozen fruit once it is defrosted.

France

PEARS IN CHOCOLATE SAUCE

Poires au chocolat
Total cooking time: approx. 12-16 minutes
Utensils: Bowl with lid (2 litre capacity)
Bowl with lid (1 litre capacity)
Ingredients

4	pears (600g)
60g	sugar
1	packet of vanilla sugar (10g)
1 tbsp	pear liqueur, 30% proof
150ml	water
130g	plain chocolate, broken into pieces
100g	crème fraiche

Procedure

1. Peel the pears, keeping them whole.
2. Put sugar, vanilla sugar, liqueur and water into the bowl. Stir and heat.
   1-2 min. 100 P
3. Place the pears in the juice, cover and cook.
   9-11 min. 100 P
   Take the pears out of the juice and allow to cool.
4. Put 50 ml of the juice in the small bowl, add the cream and chocolate. Cover and heat.
   2-3 min. 100 P
5. Stir the sauce well and pour over the pears to serve.

Tip: You could also serve this with vanilla ice cream.

Niederlande

FIERY DRINK

Vuurdrank for 10 Portions
Total cooking time: approx. 9-11 minutes
Utensils: Bowl with lid (2 litre capacity)
Ingredients

500ml	white wine
500ml	red wine, dry
500ml	rum, 54% proof
1	whole orange, untreated
3	cinnamon sticks
75g	sugar
10 tsp	rock candy

Procedure

1. Pour the alcohol into the bowl. Peel the orange so that the peel is thin and put this in the alcohol together with the cinnamon and sugar. Cover and heat.
   9-11 min. 100 P
   Remove the peel and cinnamon. Put one teaspoon of the rock candy into each grog glass, top up with the fiery drink and serve.

Österreich

CHOCOLATE WITH CREAM

Schokolade mit Schlagobers for 1 Portion
Total cooking time: approx. 1-2 minutes
Utensils: large cup (200ml capacity)
Ingredients

150ml	milk
30g	plain chocolate, grated
30ml	cream
	chocolate vermicelli

Procedure

1. Pour the milk into the cup. Add the chocolate, stir and heat. Stir occasionally.
   approx. **1-2 min**. 100 P
2. Whip the cream until stiff and spoon this on top of the chocolate. Serve garnished with chocolate vermicelli.

Deutschland

HOT LEMON

Heisse Zitrone for 1 Portion
Total cooking time: approx. 1-2 minutes
Utensils: Tea glass (150ml capacity)
Ingredients

100 ml	water
	juice of 1 lemon
2-3 tsp	sugar

Procedure

1. Pour water and lemon juice into the glass and heat.
   approx. 1-2 min. 100 P
   Stir in sugar to taste.

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- Für alle übrigen Geräte können Sie die unter Ziffer 2. aufgeführten Garantieansprüche ohne Quick 48 Stunden Vor-Ort-Service oder Sachmängel gegenüber Ihrem Verkäufer geltend machen.

DER SHARP KUNDEN-SERVICE
SHARP
QUICK 48
Mikrowellen Vor-Ort-Service
Hotline - Deutschland: 0180 - 523 46 74 (€ 0,12/Min.)
Hotline - Österreich: 0820 - 240 496 (€ 0,145/Min.)
Sie erreichen die Service-Hotline:
montags bis freitags zwischen 9 und 17 Uhr
in Deutschland: 0180 - 523 46 74 (€ 0,12/Min.)
in Österreich: 0820 - 240 496 (€ 0,145/Min.)

1. Garantie mit Quick 48 Stunden Vor-Ort-Service

Gilt für Deutschland und Österreich

Haushalts- Mikrowellengeräte im Quick 48 Stunden Vor-Ort-Service

Sehr geehrter Sharp Kunde,

alle ein-/ untergebauten Haushalts-Mikrowellengeräte, die durch einen Fachbetrieb fachgerecht mit einem von SHARP genehmigten Einbaurahmen oder rahmenlos ein-/ bzw. untergebaut worden sind, werden im Quick 48 Vor-Ort-Service abgewickelt. Die in dieser Garantie beschriebenen Ansprüche stehen Ihnen zusätzlich neben den gesetzlichen Sachmängelansprüchen gegen Ihren Verkäufer zu.

Umfang der Garantie: Sollte Ihr Mikrowellengerät trotz sorgfältiger Herstellung und Endkontrolle einen Mangel aufweisen, können Sie innerhalb der Garantiezeit, Garantieleistungen gegen Sharp Electronics (Europe) GmbH in Anspruch nehmen. Diese stehen Ihnen zu, wenn ein herstellungsbedingter Material- und/oder Verarbeitungsmangel (nachfolgend „Mangel") bei dem Mikrowellengerät oder Teilen davon - mit Ausnahme der Garraum-Glühlampe - innerhalb von 24 Monaten auftritt. Die Garantie umfasst nicht Mängel, die durch unsachgemäße Behandlung, Bedienungsfehler oder durch Fremdeinwirkung entstanden sind. Transportschäden bei Neugeräten müssen Sie bei Ihrem Verkäufer geltend machen. Die Garantiefrist von 24 Monaten beginnt mit dem Tag, an dem Sie das fabrikneue Gerät von einem Händler gekauft haben. Die Erbringung von Garantieleistungen verlängert nicht die Garantiezeit.

Die Garantie gilt für alle Geräte, die in Deutschland ab dem 01.12.2001 und in Österreich ab dem 01.04.2004 gekauft worden sind.

Garantieleistungen: Sharp Electronics (Europe) GmbH erfüllt seine Garantieverpflichtungen für Mängel durch kostenlose Reparatur und einen **Quick 48 Stunden Vor-Ort-Service**. Etwa anfallende Transportkosten innerhalb Deutschlands und Österreich übernehmen wir.

Im Quick 48 Stunden Vor-Ort-Service werden alle Reklamationen, die an Werktagen außer samstags bis 17:00 Uhr beim Quick 48 Deutschland, Tel.: 0180 / 5 23 46 74 *(€ 0,12/Min) und in Österreich Tel.: 0820 / 240 496 **(€ 0,145/Min) eingehen, ab dem darauffolgenden Werktag gerechnet, im Regelfall innerhalb 48 Stunden bei Ihnen im Vor-Ort-Service repariert.

Geltendmachung der Garantie: Der Mangel des Gerätes muss innerhalb der Garantiefrist unter Angabe des Kaufdatums, der Modellbezeichnung und der Seriennummer des Gerätes unter den oben aufgeführten Telefonnummern Deutschland Tel.: 0180 / 5 23 46 74 (€ 0,12/Min) und Österreich Tel.: 0820 / 240 496 (€ 0,145/Min) geltend gemacht werden. Bei der Vor-Ort-Reparatur ist dann der Kaufbeleg, aus dem sich das Kaufdatum, die Modellbezeichnung und die Seriennummer des Gerätes ergibt, vorzulegen.

Achtung:
Wird dieser Service für von Ihnen selbst ein-/untergebaute Geräte in Anspruch genommen, sind für Aus-/und Einbau, Fahrzeit und Km die entstehenden Kosten von Ihnen zu tragen!

Bitte erkundigen Sie sich vor Anforderung des Kundendienstes bei diesem über die anfallenden Kosten. Den für Sie nächstgelegenen Kundendienst nennt Ihnen gern unsere o.g. Hotline.

Als Nachweis für Sachmängel-/ Garantiearbeiten dient Ihr Kaufbeleg / Rechnung.

Selbstverständlich können Sie unseren QUICK 48 Vor-Ort-Service Mikrowellengeräte auch nach Ablauf der Verjährungsfristen für Sachmängel-/Garantiefristen in Anspruch nehmen, dann jedoch gegen Aufwandsberechnung des jeweiligen Kundendienstes.

Garantiegeber: SHARP Electronics (Europe) GmbH, Sonninstraße 3, 20097 Hamburg
www.sharp.de

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Vorgehensweise bei Vorliegen eines Produktmangels:

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- Für alle übrigen Geräte können Sie die unter Ziffer 2. aufgeführten Garantieansprüche ohne Quick 48 Stunden Vor-Ort-Service oder Sachmängel gegenüber Ihrem Verkäufer geltend machen.

2. Garantie ohne Quick 48 Stunden Vor-Ort-Service

Gilt für Deutschland und Österreich

Haushalts - Mikrowellengeräte

Wichtiger Endkunden – Hinweis: Serviceabwicklung nur über den Verkäufer. Die in dieser Garantie beschriebenen Ansprüche stehen Ihnen zusätzlich neben den gesetzlichen Sachmängelansprüchen gegen Ihren Verkäufer zu.

Sehr geehrter Sharp Kunde,

SHARP- Geräte sind Markenartikel, die mit Präzision und Sorgfalt nach modernen Fertigungsmethoden hergestellt werden. Bei sachgemäßer Handhabung und unter Beachtung der Bedienungsanleitung wird Ihnen Ihr Gerät lange Zeit gute Dienste leisten.

Das Auftreten von Fehlern ist aber nie auszuschließen. Sollte Ihr Gerät innerhalb der gesetzlichen oder mit Ihrem Verkäufer vereinbarten Verjährungsfristen für Sachmängel-/ Garantiefristen einen Mangel aufweisen und das Gerät wurde **nicht von Ihrem Handelspartner ein-/unter-gebaut,** so wenden Sie sich bitte an den Verkäufer, bei dem Sie das Gerät erworben haben und geben Sie das defekte Gerät dort ab, denn dieser ist Ihr Ansprechpartner für Sachmängel.

Umfang der Garantie: Wenn ein herstellungsbedingter Material- und/oder Verarbeitungsmangel (nachfolgend „Mangel") bei dem Gerät oder Teilen davon - mit Ausnahme der in der Bedienungsanleitung angegebenen Teilen mit begrenzter Lebensdauer – innerhalb von 24 Monaten auftritt, können Sie unsere Garantieleistung in Anspruch nehmen.

Die Garantie umfasst nicht Mängel, die durch unsachgemäße Behandlung, Bedienungsfehler oder durch Fremdeinwirkung entstanden sind.

Die Garantiefrist von 24 Monaten beginnt mit dem Tag, an dem Sie das fabrikneue Gerät von einem Händler gekauft haben. Die Erbringung von Garantieleistungen verlängert nicht die Garantiezeit.

Die Garantie gilt für alle Geräte, die ab dem 01.12.2001 in Deutschland und in Österreich ab dem 01.04.2004 gekauft worden sind.

Garantieleistung: Sharp Electronics (Europe) GmbH erfüllt seine Garantieverpflichtung für Mängel nach seiner Wahl durch kostenlose Reparatur oder durch Austausch des mangelhaften Gerätes gegen ein mangelfreies. Etwa anfallende Transportkosten innerhalb Deutschlands und Österreich werden von uns übernommen.

Geltendmachung der Garantie: Um die Garantie in Anspruch nehmen zu können, benötigen Sie den Kaufbeleg (Rechnung, Quittung) aus dem sich das Kaufdatum, die Modellbezeichnung und Seriennummer des Gerätes ergibt. Der Mangel des Gerätes muss innerhalb der Garantiefrist von Ihnen gegenüber einem Sharp Service-Partner oder einem autorisierten Händler von Sharp Electronics (Europe) GmbH geltend gemacht werden. Bei weiteren Fragen wenden Sie sich bitte an **unsere Service-Hotline 01805-29 95 29 *** (€ 0,12 /Min)

Selbstverständlich können Sie die Hilfe unserer Service-Hotline 01805-29 95 29 * (€ 0,12 /Min) für

Sharp-Mikrowellengeräte auch nach Ablauf der Verjährungsfristen für Sachmängel-/Garantiefristen in Anspruch nehmen, dann jedoch gegen Aufwandsberechnung des jeweiligen Kundendienstes.

Garantiegeber: SHARP Electronics (Europe) GmbH, Sonninstraße 3, 20097 Hamburg
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Indien uw magnetron problemen geeft kunt u zich wenden tot uw dealer of een van de onderstaande Sharp service centra.

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SPECIFICATIONS

GB

AC Line Voltage		: 230 V, 50 Hz, single phase
Distribution line fuse/circuit breaker		: Minimum 16 A
AC Power required:	Microwave	: 1,25 kW
	Grill	: 1,05 kW
	Microwave / Grill	: 2,25 kW
Output power:	Microwave	: 800 W (IEC 60705)
	Grill heating elements	: 1000 W (500 W x 2)
Microwave Frequency		: 2450 MHz * (Group 2/Class B)
Outside Dimensions		: 449 mm(W) x 282 mm(H) x 366 mm(D)
Cavity Dimensions		: 290 mm(W) x 194 mm(H) x 313 mm(D) **
Oven Capacity		: 18 litres **
Turntable		: ø 272 mm
Weight		: approx. 14,5 kg
Oven lamp		: 25 W/240-250 V

* This Product fulfils the requirement of the European standard EN55011.
In conformity with this standard, this product is classified as group 2 class B equipment.
Group 2 means that the equipment intentionally generates radio-frequency energy in the form of electromagnetic radiation for the heat treatment of food.
Class B equipment means that the equipment is suitable to be used in domestic establishments.

** Internal capacity is calculated by measuring maximum width, depth and height.
Actual capacity for holding food is less.

CE

This equipment complies with the requirements of directives 89/336/EEC and 73/23/EEC as amended by 93/68/EEC.

As part of a policy of continuous improvement, we reserve the right to alter design and specifications without notice.

SHARP

SHARP ELECTRONICS (EUROPE) GMBH.
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Germany

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